CANADA'S MOST RELIABLE NETWORK†

FEWEST DROPPED CALLS | CLEAREST RECEPTION

rogers.com/reliable

ROGERS™

†Most reliable network claim refers to call clarity and dropped calls test results as conducted by Rogers and a recognized third-party research company in the majority of urban Canadian centres within the Rogers Wireless footprint, comparing voice services of other major wireless providers.
™Trademarks of Rogers Communications Inc. used under license. © 2009 Rogers Wireless.

TRIPS TO CLOUD 10™ FROM $29.99*

see page 16 for details

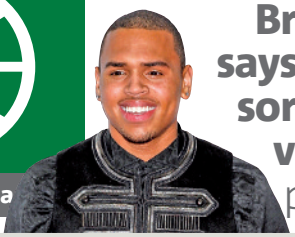
* pricing may vary, subject to retailer discretion

The world's largest global newspaper

metro®

VANCOUVER • WEDNESDAY, JULY 22, 2009 metronews.ca

Celebrity Buzz



Brown says he's sorry in video

pg 18

Sportscaster to file charges over nude video post

COVERAGE A female sports reporter with ESPN was secretly filmed naked in her hotel room and the video has been posted to the Internet.

Lawyers for Erin Andrews say she plans to file criminal charges over the blurry video that shows her alone in front of a mirror.

The 31-year-old, who has covered hockey, baseball and college football for ESPN since 2004, was named "sexiest sportscaster" by Playboy magazine in 2008 and 2009.

METRO VANCOUVER

GETTY IMAGES

Erin Andrews

JEFF HODSON/METRO VANCOUVER

Pyrotechnician Ken Bauer helps set up Team Canada's The Wizard of Oz-inspired fireworks display on a barge in English Bay yesterday. The annual Celebration of Light begins tonight.

Celebration set to show pyrotechnic wizardry

Wizard of Oz theme tonight from defending champ Team Canada

JEFF HODSON
jeff.hodson@metronews.ca

A rainbow of technicolour will blast over English Bay tonight as the two-time Celebration of Light champion Team Canada pays explosive tribute to The Wizard of Oz.

Kelly Guille, the designer of tonight's show No Place Like Home, has won back-to-back Celebration of Light competitions with a jazz-and-swing show in 2007 and monster Godzilla-inspired show last year.

"I try to make it a strong theme, so that (the viewer) can follow through," said Guille on a barge in English Bay yesterday as his team of pyrotechnicians fitted some 3,000 explosive firework shells into mortars.

The show is set to the soundtrack to The Wizard of Oz and Guille said he tries to replicate the scenes visually through colours and through the patterns and timings of explosions.

Regardless, he added, "the show is designed to some great music for fireworks, so it's an enjoyable show whether you know what's going on storywise or what."

The show begins at 10 p.m. There will be numerous road closures and Vancouver police will have a highly visible presence in the Downtown core, the West End and Kitsilano.

Guille, who got his start in fireworks by working for a "guy" who used to sell consumer fireworks out of the back of his truck, said his design and production has gotten smoother since the 2007 show.

This year was a challenge, he said, because the annual fireworks festival was (temporarily) cancelled in early February because of the economic downturn — after he'd already ordered fireworks for the show.

"It was challenging because I put everything on hold. It's not like I'm sitting around with nothing to do."

Fireworks

- South Africa will perform Saturday night, followed by the U.K. on July 29 and China on Aug. 1.
- SkyTrain and West Coast Express employees will be collecting donations tonight from people heading to and from the Celebration of Light to help those affected by the wildfires near Kelowna.

Abbotsford-Mission top in Canada for murders

CAPITAL An apparent gang war has led to the Abbotsford-Mission area being crowned Canada's murder capital.

The region was first in Canada with 4.7 murders per 100,000 population in 2008, followed by Winnipeg and Regina, according to Statistics Canada. Vancouver is seventh at 2.4.

The Abbotsford Police Department issued a release soon after the study came out yesterday saying the city is safe "to live in, work in and to visit."

The actual number of people murdered in Abbotsford in 2008 is six. In Mission, it's two. Surrey, by comparison, had 16 murders that year.

"The majority of our homicides in 2008 were gang related and the victims were engaged in high-risk behaviour," police said.

They emphasized that over the last year and a half, 22 gang associates living in Abbotsford had charges laid against them.

Across Canada, police-reported crime continued to decline for the fifth consecutive year, falling by five per cent last year. However, the murder rate rose by two per cent to 611 people.

METRO VANCOUVER

Study

- The rate of drunk driving in Canada rose by six per cent in 2008 — the second consecutive increase.
- While the number of overall drug offences was mostly unchanged, marijuana possession increased as cocaine and other reported drug offences dropped.

FocusOn FirstNations

Metro Canada continues its focus on First Nations and Aboriginal news, community issues, arts and culture as part of a special series coinciding with the Assembly of First Nations convention ending tomorrow in Calgary.

- Today
- **Lawrence Martin breaks down the candidates for the AFN election, page 4**
- **Joseph Quesnel stresses reforms needed with the AFN, page 4**
- **Chief Fontaine reflects on the past, future, page 5**
- **Education, income linked to Aboriginal jail rates, page 5**
- **Graduate degrees in Nunavut, page 10**
- **Nunavut's Idlout swaggers as alt rocker, page 17**

Free Daily News Group Inc., operating as Metro Vancouver Newspapers 1190 Homer Street, Suite 250, Vancouver, B.C. V6B 2X6. Publisher: Maryse Lalonde

Lions Gate Bridge to get new LED lights
For the next three weeks, workers will be replacing the lights on the Lions Gate Bridge with energy conserving, light-emitting diode (LED) lights. The change is expected to save the province $30,000 per year. NEWS1130.COM

Local

Pharmacists to give vaccinations?

The B.C. Ministry of Health is proposing that pharmacists be allowed to give certain types of injections, including vaccinations. The ministry hopes that regulatory changes and pharmacist training will be completed by mid-fall, in time for the annual flu vaccination campaign that this year will include shots for influenza A (H1N1), also known as swine flu. METRO VANCOUVER

Emery forced to wait longer

No decision in hearing on licences for three cannabis-related businesses

DANIEL TAM
for Metro Vancouver

Vancouver-based pot activist Marc Emery will have to wait longer to obtain his business licences after yesterday's hearing at city hall ended without a decision.

Emery, director of Avalon Sunsplash Ltd., has three properties on the 300-block of West Hastings: 420 Convenience Store, Cannabis Culture Magazine and Marc Emery's Cannabis Culture Headquarters.

He believes that the city is putting him through an "insulting process of having to essentially beg them" to renew his licences.

DANIEL TAM/FOR METRO VANCOUVER

Marc Emery and his wife, Jodie Emery, at Vancouver City Hall yesterday.

"I'm a great excuse for them to spend hundreds of thousands of taxpayer's money on fruitless investigations," Emery said. "(It's) an opportunity to intimidate a legitimate citizen who's probably one of the most important political figures in this city."

Emery is trying to renew his licences before pleading guilty in a Seattle courtroom next month to selling marijuana seeds over the Internet to Americans.

It's part of a plea deal that saw two of his associates receive probation for their involvement.

Emery is likely to be sentenced to at least five years in jail while his wife would help run his businesses.

"We run one of the most respected, well-run businesses in the city in a difficult neighbourhood like the Downtown Eastside," said Emery.

"I'm confident we're going to get our licence like we fully deserve."

RCMP charge pair of men for murder

KARL YU
for Metro Vancouver

CRIME Two Lower Mainland men have been arrested for the murder of a man who went missing in late February.

RCMP charged Charles Anthony Leslie of Surrey and Babak Najafi-Chaghabouri of North Vancouver with the abduction, forcible confinement and first-degree murder of Vancouver resident Ronak Wagad.

All three were involved in the drug trade, Mounties said.

Wagad was reported missing on Feb. 23 and his remains were found off Highway 1 on July 8.

"Three families have now been changed forever, which is another example of the destruction of lives through the drug trade," Sgt. Tim Shields said.

"Drug trafficking is a lose-lose proposition."

Man wanted in cold case shot by cops

NEW MEXICO A man wanted for the murder of a young hippie couple near Tofino in 1972 is dead after a shootout with police officers in New Mexico.

Joseph Henry Burgess, 62, killed a sergeant before being fatally shot himself last Thursday.

He is the only suspect in the deaths of Ann Durrant, 20, and Lief Karlsson, 21, who were killed as they slept on a beach on June 21, 1972. According to the RCMP, an investigator has been actively assigned to this case since the murders.

"Although a 37-year-old case does not receive the intensity of attention a more recent one would, they are never forgotten," Cpl. Darren Lagan of the Island District RCMP said. "As technology evolved, so did our quest to locate Joseph Burgess. (The) fingerprints obtained back in 1972, were transferred into digital form, allowing the FBI to make a quick identification."

The RCMP continues to work with officials in New Mexico, where a ceremony was held yesterday to honour Sgt. Joe Harris who died in the shootout.

METRO VANCOUVER

Finding the colours of your life

KRISTEN THOMPSON
kristen.thompson@metronews.ca

ENERGY LEVELS It's far from conventional, but some people with very conventional professions in health care have turned to colour consulting to improve their well-being.

Susanne Murphy, a senior colour consultant at Colour Energy in Vancouver, said she has psychiatrists, doctors and even acupuncturists as clients.

She will be at the 2009 Vancouver Psychic and Healing Show at the Roundhouse Mews in Yaletown today.

Murphy uses a German system called the biopulsar reflexograph, which measures the body's dynamics through the hand and provides a reading of the body's energy levels — which are depicted through colour.

"I call myself an energy lifestyle coach," she said.

Murphy claims she can determine a person's energy imbalances such as an imbalance in the upper arms or shoulders, which could reflect physical ailment like back pain, or a spiritual issue like a feeling of being burdened.

Once imbalances are determined, Murphy said she and the client analyze what lifestyle changes can be made to improve their well-being.

"You are what you resonate and your lifestyle choices will affect your energy," Murphy said.

"I see this as a tool to give you a base line of understanding of who you are, because sometimes the hardest thing to view is yourself."

KRISTEN THOMPSON/METRO VANCOUVER

Susanne Murphy analyzes a client's energy levels at Colour Energy in Vancouver yesterday.

Event info

- The Vancouver Psychic and Healing Show runs from noon to 9 p.m. at the Roundhouse Mews in Yaletown. Admission is $10.

Licence scanning illegal: Privacy commissioner

BARS The practice of scanning people's driver's licences before they're allowed into bars and nightclubs is illegal, the province's privacy commissioner ruled yesterday.

The Barwatch program, which is widely used in Vancouver, scans customers' personal identification to keep out known gang members and criminals.

David Loukidelis ruled the program violates British Columbia's Personal Information Protection Act after a patron at Wild Coyote on South West Marine Drive complained.

The man said he didn't receive "a reasonable explanation for why his personal information was being collected."

"I am well aware of, indeed share, public concern about gang violence," Loukidelis said in his ruling.

He said he objected to the way personal information is being retained by bars and nightclubs. He "strongly encouraged" Barwatch to review — not abandon — its practices, to comply with the province's Personal Information Protection Act.

METRO VANCOUVER

News in brief

COUNCIL Protesters interrupted a city council meeting about proposed Olympic bylaws yesterday. They claimed Downtown Eastside residents are being ticketed unfairly.

BUSINESS Vancity has agreed to sell its insurance business, Vancity Insurance Services Ltd., to Ontario-based company, The Co-operators Insurance and Financial Services.

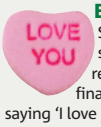
OFFICES Metro Vancouver's office space vacancy rate has risen to 7.4 per cent during the first half of 2009, up from 5.4 per cent at the end of 2008.

WEAPONS Three people were arrested and Mounties seized weapons and drugs from a Surrey home, RCMP said yesterday. METRO NEWS SERVICES

metronews.ca
What's online today.

Video Woodstock, Ont., residents feel a mix of anguish and relief after Tori Stafford's remains found at **metronews.ca/canada**

Video Kelowna residents return home after evacuation order lifted at **metronews.ca/canada**



Blogs Sexcetera on a study that reveals the financial value of saying 'I love you'

Campfire ban in place
Don't bother packing marshmallows if you're going camping on Vancouver Island or in Western British Columbia this weekend. The Coastal Fire Centre has issued a campfire ban throughout much of the province — from the coast to Manning Park — in light of the recent hot, dry weather. METRO VANCOUVER

6,000 allowed to go home

But fire evacuation alert still in effect for Glenrosa residents

KRISTEN THOMPSON
kristen.thompson@metronews.ca

More than half of the roughly 11,000 fire evacuees ordered to leave West Kelowna on the weekend were given the go-ahead to return home yesterday.

The 6,000 Glenrosa residents are still on evacuation alert in case the massive wildfire that threatened their community and destroyed nine buildings — three of which were homes — reignites.

Two other forest fires are still blazing nearby.

"The surrounding area (is) horrible to look at," said Glenrosa resident Mary Timm. "You noticed it as soon as you came into the neighbourhood … The pine trees and evergreens and all of that are gone."

She said one home in a nearby orchard was levelled by the fire.

"It was a pretty sad sight," she said.

Norma Marton, who also lives in Glenrosa, said she was thrilled to learn she could go home and let life return to normal.

"I just went up to the mayor and asked him if our (street) was on the list and he just looked it up and said, 'Yes, you can go home tomorrow.'"

Marton then took her daughter — whose home she's been staying at — for a celebratory pedicure while waiting for the road to Glenrosa to reopen.

She said there were long lineups of people waiting to get back to their homes.

"We're still on alert and it's still pretty smoky up here … I think everybody's just relieved and happy to be home," Marton said.

She added the evacuation was a learning experience for the community.

"It's going to happen again," she said.

ANDY CLARK/REUTERS

A firefighter checks for hot spots as a resident who has just returned to her house looks for damage in Kelowna yesterday.

Measures

- The Glenrosa fire was 60 per cent contained by midday yesterday, and officials hoped to have it 85 per cent contained by nightfall.
- Emergency social services coverage, such as hotel stays, was doubled to six days, Premier Gordon Campbell said after touring the region.

Shelter supporters reluctant to speak

KARL YU
for Metro Vancouver

HEAT Supporters of the HEAT homeless shelter under the Granville Street Bridge held a news conference yesterday to say that "some condo owners" want the facility to remain open.

At the event, however, it was hard to find an area resident willing to speak up in favour of the facility.

Wendy Pedersen, with the Carnegie Community Action Project, said people are reluctant to make their opinion public.

"I've met in the last three days five supporters of this shelter who live in this neighbourhood," Pedersen said. "All of them said they wouldn't come today.

"They didn't say it (was) because they were intimidated, but people don't want to put themselves out there because (the shelter is) too hotly contested."

"People don't want to put themselves out there because (the shelter is) too hotly contested."
Wendy Pedersen, Carnegie Community Action Project

Opponents of the shelter say it has brought crime and open drug use to the area.

Supporters claim someone dropped a bag of feces on them from the bridge on July 11. It contained an expletive-filled note calling shelter users "losers" and telling them to return to "East Van."

Mayor Gregor Robertson has planned meetings with local residents and businesses to determine whether the shelter will stay open past the end of the month, when funding runs out.

The shelter's fate is ultimately up to B.C. Housing Minister Rich Coleman.

Bail ruling expected for accused in death of 16-year-old

KRISTEN THOMPSON
kristen.thompson@metronews.ca

COURT The parents of a teenager killed outside the Surrey Central SkyTrain station will learn today if one of two people convicted in the murder will be paroled while she awaits a new trial.

Last month, a B.C. Supreme Court ordered a new trial for Katherine Quinn, 27, who had received a sentence of life in prison for second-degree murder in the beating death of 16-year-old Matthew Martins.

Quinn's boyfriend, 30-year-old Robert Forslund, is also serving a life sentence for his role in the 2005 attack.

A previous bail hearing scheduled for July 3 was adjourned after Justice Pamela Kirkpatrick decided that there wasn't enough evidence regarding Quinn's progress in prison to make a ruling at the time.

If Quinn is granted bail, she will likely be released into the care of her parents, who live in the same neighbourhood as the Martins family.

The victim's mother, Sandra Martins-Toner, has said that if Quinn is released she will be in constant fear for the safety of her other children.

News in brief

PARKING Recreational vehicles will be allowed to park along Jericho Beach and Spanish Banks during the 2010 Olympics. Park Board commissioners voted 4-1 on the decision, which is expected to bring in more than $400,000 in revenue.

CANCELLATION Celebrity blogger Perez Hilton's upcoming show at the River Rock Casino Resort in Richmond has been cancelled. Hilton was scheduled to be in town on Aug. 15. Tickets will be refunded.

HEALTH CARE The B.C. Nurses' Union has launched a multimedia campaign to push for improved health-care services and stop expected cuts and closures. Health Minister Kevin Falcon recently said there will be a $360-million budget shortfall. METRO NEWS SERVICES

CYPRESS 2010
COMMEMORATIVE
SEASON PASS
Go Big AND Stay Home at Vancouver's only BIG Mountain Experience.
ON SALE NOW!
$259 ALPINE ADULT PASS
LIMITED QUANTITIES AVAILABLE
BUY ONLINE TODAY
CYPRESS MOUNTAIN
Official FREESTYLE SKIING and SNOWBOARD Venue for the 2010 OLYMPIC WINTER GAMES
www.cypressmountain.com
Cypress Mountain is proud to partner with:
Bell CTV metro Coca-Cola The Vancouver Sun

VANCOUVER
Publisher, Maryse Lalonde
Managing Editor, Fernando Carneiro
Distribution Mgr, George Acimovic

METRO CANADA
Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart
Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt
Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mrktng Director, Jodi Brown

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

Turning away from extreme

NationalReport

Chief John Beaucage, left, and Chief Shawn Atleo, right, are considered the front runners to be the new national chief of the AFN. Chief Bill Wilson, Chief Perry Bellegarde and Chief Terry Nelson, below from top, round out the five candidates.

It was only a couple of years ago that the native peoples were threatening to shut down parts of the country's railway system at their national day of protest. One of the protest leaders was Terry Nelson of Manitoba. He enthusiastically declared that "we can shave $200 billion off the GDP of Canada."

Things have thankfully calmed down since then. Mr. Nelson is a candidate for the leadership of the Assembly of First Nations which will be decided in Calgary.

But of the five contestants for the position his chances are deemed remote at best. The winner will likely be one of the more conservatively inclined candidates, Shawn Atleo or John Beaucage.

That's surprising because the AFN has not exactly had an easy time with the Conservative government. It cut its funding to $7 million from $10 million. The Conservatives also did away with the Kelowna Accord, a $5-billion program of social assistance.

But under outgoing national chief Phil Fontaine, the First Nations have moved to see gains can better be made through conciliation. The leading candidates to succeed Fontaine are focusing on economic development. They want more investment in housing and education to address their high cost of living.

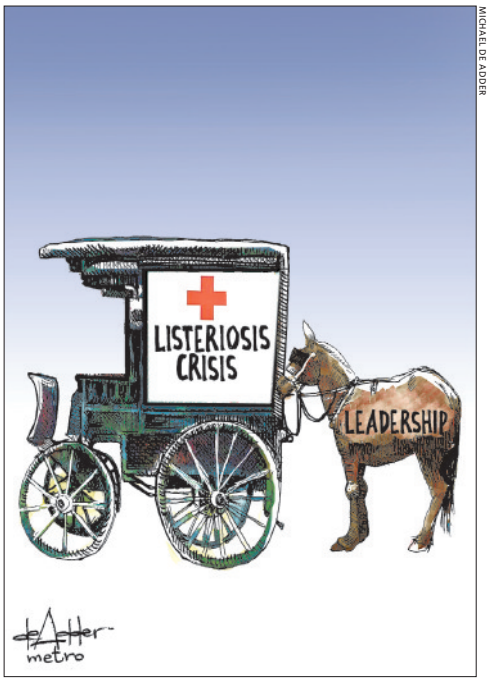
Education is high on the candidates' agenda. It's appalling that funding for aboriginal students is $1,200 less than the national average.

Shawn Atleo, the regional chief of the AFN for British Columbia, is seen as the frontrunner in the election, in good part because the voting under the AFN's antiquated system is done by the country's 633 chiefs and about one-third of them are from B.C. The 42-year-old Atleo is pushing hard on education reform. His main challenger, John Beaucage, grand chief of the Union of Ontario Indians, is an economist who favours more self-government. A third strong contender is Saskatchewan's Perry Bellegarde, who is pressing for an overhaul of fiscal relations with Ottawa. AFN elections are hard to predict. In the past they have brought forward radicals like Mathew Coon Come. This time such an outcome is unlikely. Though their problems are enormous, though their living standards are embarrassing in a country of such wealth, the First Nation chiefs appear content to favour pragmatism over extremism.

How long that will last is the question.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

FocusOn FirstNations



MICHAEL DE ADDER

Views

Four modest proposals for a new AFN chief

The Assembly of First Nations (AFN) is at a crossroads as they vote for a new national chief today.

The eventual winner must adopt reforms to put First Nations first. Among them:

1) Become accountable.

Results of the annual Frontier Centre for Public Policy Aboriginal Governance Index, an on-the-ground survey of indigenous people in Manitoba, Saskatchewan and Alberta, found:

- Close to half of all respondents reported favours and payments were exchanged for votes.
- About 74 per cent said members of the chief's family disproportionately receive jobs in the community.
- About 30 per cent knew of people removed from the community for political reasons through a band council resolution.
- Sixty-two per cent said they "do not really" or "never" received access to the band's business plan or financial statements.

2) Recognize the central role of private property in promoting prosperity.

The AFN is uniquely positioned to promote private property rights within First Nations, which would allow members to secure loans, build businesses and become self-reliant. Preventing development may look bold, but traps communities in poverty.

3) Lead by example and reform the AFN.

In 2005, the AFN's Renewal Commission called for drastic reforms, including adding a one-member, one-vote system for the national chief. Do it.

4) Stop playing politics.

The AFN stalled major initiatives that would have improved the lives of indigenous peoples: Axing the First Nation Governance Act in 2003 allowed electoral fraud to continue; the AFN's call for a three-year period before human rights legislation can be mandated for reserve governments exposed indigenous people to further oppression; recent calls to pull legislation that grants equal matrimonial property for First Nation women leaves women more vulnerable.

Joseph Quesnel is a policy analyst of Métis heritage with the Frontier Centre for Public Policy.

FocusOn FirstNations

Worth Mentioning

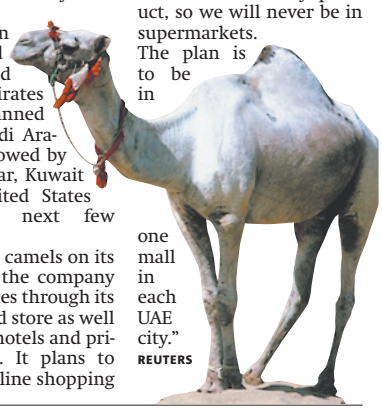
How do they get camel milk into their camel-milk bar?

CHOCOLATE Dubai's Al Nassma, the world's first brand of chocolate made with camels' milk, plans to expand into new Arab markets, Europe, Japan and the United States, its general manager said yesterday.

Martin Van Almsick said the United Arab Emirates company planned to enter Saudi Arabia first, followed by Bahrain, Qatar, Kuwait and the United States within the next few months.

With 3,000 camels on its Dubai farm, the company sells chocolates through its farm-attached store as well as in luxury hotels and private airlines. It plans to launch an online shopping facility within a month, Van Almsick said. The farm is controlled by the Dubai government.

"We aim to be the Godiva of the Middle East," Van Almsick said in an interview. "It's a luxury product, so we will never be in supermarkets. The plan is to be in one mall in each UAE city." REUTERS



Metro Online Poll Results

65% SAID YES

Should Taser use by police officers be further restricted?

Weigh in on today's question at metronews.ca

35% SAID NO

Tell us your views by email to vancouverletters@metronews.ca or comment on metronews.ca or on Twitter @vancouvermetro

Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

Man catches drug-resistant H1N1 flu
A 60-year-old Quebec man has caught a strain of influenza A (H1N1), also known as swine flu, that is resistant to drugs, CBC News Online reports. METRO NEWS SERVICES

Canada

Chief reflects on past, future of First Nations

Fontaine speaks on last day as leader

FocusOn FirstNations

AMY GREGSON
for Metro Canada

ROBIN KUSNSKI/FOR METRO CANADA

Assembly of First Nations Chief Phil Fontaine addressed delegates at the 30th AFN conference being held in Calgary yesterday. The election of a new chief begins today.

Assembly of First Nations Chief Phil Fontaine took the last day of his reign to address his people, and reflect upon his leadership of Canadian Aboriginal Peoples over the past decade.

Fontaine has been the national chief for the past nine years and he told delegates yesterday at the 30th annual Assembly of First Nations conference in Calgary that stepping down was a difficult decision, but one with which he is content.

The former chief of the Sagkeeng First Nation in Manitoba said he felt blessed to have this time as leader. "I consider it a rare privilege," he said.

Fontaine reflected on the past nine years on what has been accomplished for First Nations people in this country and said everything has been done for the good of the people.

Successes Fontaine touched on included improving band leadership representation between male and female elders, building relationships with the private sector and the $1.4-billion stimulus package to Aboriginals.

Fontaine also spoke about the apology given on June 11, 2008 to the survivors of residential schools and it is a start to the work that still needs to be done. "That work will be made so much easier by the apology and those words spoken by the prime minister."

Fontaine said the gap between Aboriginals and other Canadians in terms of housing, education and quality of life still needed to be addressed.

Election

- The election for the new national Assembly of First Nations chief begins today.

Listeriosis report points out faults

FOOD Canada's food-safety system was caught unprepared and acted without a sense of urgency during last year's outbreak of listeriosis, in which 22 people died after eating contaminated deli meat, according to a report released yesterday.

Sheila Weatherill, who led the federally appointed investigation into last summer's outbreak, said a shortage of food-safety workers and insufficient training of food inspectors contributed to the outbreak. REUTERS

Education, income linked to Aboriginal prison rates

FocusOn FirstNations

REPORT Aboriginals account for 22 per cent of adult inmates in Canadian jails, while representing three per cent of the country's population, according to a study released yesterday.

Factors such as education, income and housing may help explain the disproportionate numbers, according to Statistics Canada.

"Age, level of education, and employment status can only partially explain the representation of Aboriginal adults incarcerated in Canadian prisons," the study said.

Researchers looked at data from Alberta and Saskatchewan, where four out of five inmates are Aboriginals despite making up 11 per cent of that province's population.

They found that incarceration rates corresponded to the level of education for both Aboriginals and non Aboriginals aged 20 to 34. Having a high school diploma or a job made people less likely to land in jail, although non-Aboriginals benefited more from having an education and steady income.

The study is based on incarceration rates calculated as of May 16, 2006 — the day the last national census was taken. METRO CANADA

Comparison

- In B.C., 21 per cent of the inmate population is Aboriginal, compared to four per cent of the population.
- By comparison, in Alberta, 35 per cent of the inmate population is Aboriginal, compared to five per cent of the population.

News in brief

DAMAGE A severe weekend storm in Edmonton knocked out power to two of the region's three major refineries, worsening an already-tight gasoline supply situation, industry officials said yesterday. Worst hit in the wind, hail and electrical storm was Petro-Canada's 135,000-barrel-a-day refinery. REUTERS

Guaranteed Lowest Long Distance Rates From Your Home Or Cell!

No Matter Where you Call
No Matter What Rate you Pay
Comwave will beat it... Guaranteed!

CUBA 85 ¢/min
INDIA 5.9 ¢/min
PHILIPPINES 11.9 ¢/min

Latin America
Colombia from 3.9 ¢
Ecuador 12.9 ¢
Guatemala 10.9 ¢
Guyana 27.9 ¢
Honduras 15.9 ¢
Trinidad 7.9 ¢

South Asia
Afghanistan 24.9 ¢
Bangladesh from 3.9 ¢
Bhutan 15.9 ¢
Nepal from 7.9 ¢
Pakistan 5.9 ¢
Sri Lanka 11.9 ¢

Middle East
Egypt 14.9 ¢
Iran from 3.9 ¢
Syria 18.9
Lebanon 9.9 ¢
Saudi Arabia from 3.9 ¢
U.A.E. 16.9 ¢

Comwave Guarantees you the Lowest Rates to Call Anywhere in the World, For Life. So Even if you're Paying Less than our Advertised Rates, Call Today and we'll Beat it... GUARANTEED!

The Comwave Bundles

Unlimited Canada Bundle

Limited Time Offer!
UNLIMITED
Calling to Anywhere in
CANADA

The Global Bundle

Call over 20 Countries
only 1¢ /min
$10/month - 1000 Minutes per Month - 1¢/min

Argentina Belgium Brazil Canada China Denmark France
Germany Hong Kong Ireland Israel Italy Mexico Poland
Portugal Russia Singapore Spain Sweden UK USA

If you're paying less with your current provider, call us and we'll beat it... GUARANTEED!

1-866-380-6055
comwave
www.comwave.ca

Long Distance: Comwave guarantees to match or beat your rate today and forever. Rate Guarantee is based on competitors' lowest advertised rate or written quote for like services. Terms and conditions apply. Please see www.comwave.ca for full details. Calls to overseas mobile phones may be billed at a higher rate. The Comwave Global bundle does not include calls to overseas mobile phones. Calls to Argentina on this bundle are to Buenos Aires. Calls to Brazil on this bundle are to Rio De Janeiro and Sao Paulo. Calls to Mexico on this bundle are to Mexico City and Monterrey. Calls to Russia on this bundle are to Moscow and St. Petersburg. North America's 500 does not include calls to the Yukon, Nunavut, Hawaii, Alaska or N.W.T. Terms and Conditions apply see www.comwave.net for details. While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time.

Baghdad bombs kill 16

Bombs exploded across Baghdad yesterday, killing 16 people and wounding dozens, with two of the blasts striking the crowded Shi'ite slum of Sadr City, security officials said. REUTERS

World/Business

Guerrillas strike

At least 9 killed in Afghanistan as Taliban attack

At least nine people were killed when Taliban guerrillas, including waves of suicide bombers, launched a series of attacks in east Afghanistan yesterday, officials said, in a clear upsurge of violence.

Suicide bombers attacked, or attempted to attack, government and security offices and a military post in two key eastern towns, Gardez and Jalalabad. Gunbattles raged in Gardez amid confused reports of the fighting.

In Gardez, capital of Paktia province, the U.S. military said at least three suicide attacks were reported. The Taliban said 15 suicide bombers launched attacks against government buildings.

Separately, two would-be suicide bombers attempted to attack a military outpost near the airport in Jalalabad, a former Taliban stronghold and capital of Nangarhar province, bordering Pakistan.

The Taliban, leading a growing insurgency against the Western-backed government and seeking to drive foreign forces out of Afghanistan, claimed responsibility for both attacks.

Violence has surged across Afghanistan since thousands of U.S. Marines and British troops launched major new offensives in southern Helmand province, the heartland of the Taliban and the major producer of the opium poppy that funds the insurgency. REUTERS

TIM WIMBORNE/REUTERS

American soldiers talk to a village elder in Kolack in Afghanistan's Kunar province yesterday.

Police detain more protesters: Witness

IranCrisis

UNREST Iranian riot police clashed with hundreds of pro-reform protesters in central Tehran yesterday and detained dozens of them, a witness said, in the latest unrest over last month's disputed election.

The witness said demonstrators were chanting slogans against President Mahmoud Ahmadinejad and the government, including: "Ahmadinejad — resign, resign" and "Death to dictators."

The witness said police beat protesters who had gathered in Tehran's Haft-e Tir square in defiance of a ban on such demonstrations following the June 12 election, which the opposition says was rigged in favour of Ahmadinejad.

"Riot police are taking dozens of protesters into their cars and they are taking them away," the witness said.

"There are hundreds of riot police and plainclothes (security forces), beating people who gathered to support (opposition leader Mir Hossein) Mousavi," the witness said.

The clash erupted four days after confrontations between police and protesters for the first time in weeks on Friday. REUTERS

U.S. fears N. Korea, Myanmar link

WEAPONS The United States said yesterday it was worried about the possibility of military links between North Korea and Myanmar and called on Myanmar to end human rights abuses and the mistreatment of minorities.

Clinton

U.S. Secretary of State Hillary Clinton voiced the concerns ahead of the ASEAN Regional Forum security meeting, whose topics may include how to rein in North Korea's nuclear program and promote democracy in Myanmar. REUTERS

School closures an option: WHO

Flu Outbreak

HEALTH Influenza A (H1N1), also known as swine flu, has killed more than 700 people worldwide since emerging in April, and countries could consider closing schools to slow its spread, the World Health Organization said yesterday.

The WHO, whose previous death toll was 429 two weeks ago, also said it was up to national health authorities to decide what measures they impose to slow the virus' spread.

British researchers writing in the journal Lancet Infectious Diseases said on Monday that governments needed to draft plans for when and how to close schools if the swine flu pandemic worsens.

"School closure is one of the mitigation measures that could be considered by countries," WHO spokeswoman Alphaluck Bhatiasevi told a news briefing. REUTERS

WHO stops count

- The UN agency, which declared the pandemic on June 11, said last week it was the fastest-moving pandemic ever and now pointless to count every case.

Business

Nortel faces RIM protest

AUCTION Research In Motion says Nortel Networks has effectively blocked the BlackBerry maker from bidding potentially $1.1 billion for the bankrupt Canadian company's wireless business.

Analysts say the smartphone maker, which vies with Apple's iPhone and Palm's Pre in the booming market, has been zeroing in on Nortel's library of wireless patents at a bargain price.

RIM says it wanted to be qualified as a bidder in Nortel's auction of its CDMA and LTE wireless technology businesses, set for Friday, but was told it would qualify only if it pledged not to submit offers for other Nortel assets for a year.

RIM says it had been prepared to pay roughly $1.1 billion for the wireless business, based on a preliminary review.

That would easily trump the $650 million stalking horse deal with Nokia Siemens Networks announced last month.

The smartphone maker's surprise statement comes as Nortel, once one of the world's largest technology companies and a Canadian icon, tries to hive off parts of its businesses after failing to turn itself around.

Nortel says it "continues to be willing to provide RIM with the opportunity to participate in the auction." REUTERS

Ottawa **Are they smiling inside this bank?**

BLAIR GABLE/REUTERS

A woman walks past the Bank of Canada building in Ottawa yesterday. The Bank of Canada held its key interest rate at a record low 0.25 per cent yesterday as expected, and gave a rosier economic forecast while softening its language on the strong Canadian dollar.

Wal-Mart eyes a super target — Saskatchewan

STORE WARS Giant Wal-Mart says it plans to open its first supercentres in Saskatchewan — a move aanalysts bound to heighten grocery price wars there.

The world's biggest retailer will open two of the big-format stores, which feature a complete grocery store with fresh produce, meat and baked goods, along with Wal-Mart's merchandise shelves.

The 185,000-square-foot stores are slated to open in Regina and Saskatoon in early 2010.

Analysts say the move will heighten competition among the prrovince's existing grocers.

Grocery chains in eastern Canada, such as Loblaw and Metro, have already been forced to cut prices on key staples as they look to fend off stiff competition from Wal-Mart. In western Canada, U.S.-based Safeway is also a major player in the supermarket sector. REUTERS

Caterpillar raises '09 forecasts despite dismal Q3 outlook

MACHINERY Caterpillar Inc. raised its 2009 profit target yesterday, saying the world economy was stabilizing.

Its shares surged as much as 13 per cent after it raised its profit forecast for the full year.

The company, however, is still braced for a sharp drop in profit. Caterpillar expects a dive of more than 80 per cent in per-share earnings, and warns the third quarter will be its weakest of the year. REUTERS

2014 World Cup to be dry?
Brazilian prosecutors are promising to fight FIFA to keep alcohol from being sold in stadiums during the 2014 World Cup of soccer in Brazil. The Brazilian Football Confederation prohibits alcohol sales in stadiums, but it is not a law and it could be easily reversed during the World Cup. METRO NEWS SERVICES

Sports

Heymans takes silver

St. Lambert, Que., native Emilie Heymans, left, won silver yesterday in the women's three-metre springboard at the world swimming championships in Rome. China's Guo Jinjing won her fifth straight gold in the event. Tania Cagnotto of Italy gave the host nation its first medal of the world aquatics championships to the delight of a success-starved crowd. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

BOGDAN CRISTEL/REUTERS

The pack of riders cycles in the Alps between Martigny and Bourg-Saint-Maurice, France, yesterday during the 16th stage of the 96th Tour de France.

Teammates hold top 2 spot at Tour

Armstrong trails Contador by 1:37 for lead

Spain's Mikel Astarloza used his climbing and downhill skills to win the mountainous 16th stage of the Tour de France yesterday as the leading contenders unsuccessfully tested each other out.

The Basque rider, 29, surged in the last two kilometres of the 159-km trek to Bourg-Saint-Maurice to give his Euskaltel team its first stage win since 2003.

"I'm a good climber, I can keep a good pace on the flat, but I'm not a sprinter. My only chance was to attack from far and I'm delighted it worked," Astarloza told reporters.

Astarloza, who finished ninth overall in 2007, climbed to 11th place in the general classification.

Frenchman Sandy Casar had to be content with his sixth second place in a Tour stage, ahead of compatriot Pierrick Fedrigo, winner of the ninth stage in Tarbes.

Astarloza and the two Frenchmen were part of a break which shaped up in the two big climbs of the day, the Grand St. Bernard and Petit St. Bernard, crossing over to France from Switzerland and Italy.

Spaniard Alberto Contador retained his leader's yellow jersey one minute 37 seconds ahead of teammate Lance Armstrong with Briton Bradley Wiggins third, 1:46 behind.

The leading contenders seemed content to neutralize each other until six km from the top of the Col du Petit St. Bernard when Andy Schleck suddenly raised the tempo. REUTERS

Sports in brief

SOCCER Prosecutors told a jury yesterday that Liverpool captain Steven Gerrard lost his cool in a nightclub and aimed a succession of punches at a man who wouldn't let him take charge of the music. Gerrard denies the charge.

SHOOTING Former Memphis Grizzlies point guard Antonio Burks remains in critical condition a day after being shot during a robbery.

NFL Latin singer Marc Anthony has acquired a minority interest in the Miami Dolphins football team, joining entertainers Jimmy Buffett and Gloria Estefan who also are associated with the storied sports franchise.

METRO NEWS SERVICES

Jays blow lead, lose to Tribe

MLB RESULTS

Cleveland 2 Toronto 1

AT

BASEBALL Victor Martinez's two-run double in the ninth atoned for the Indians' earlier struggles, as Cleveland took advantage of Lyle Overbay's throwing error in the final inning to grab a 2-1 victory in Toronto last night.

Martinez's hit came after Overbay threw an attempted sacrifice bunt into left field in the ninth, while Cliff Lee (6-9) pitched his second consecutive complete game, allowing just one run on seven hits with four strikeouts.

The win snapped a three-game losing streak for the Indians, who began a nine-game road trip. They recorded the win despite stranding 14 — nine in the first four innings.

Scott Rolen homered, while rookie Brett Cecil pitched seven scoreless innings for the Blue Jays.

Meanwhile, Lee looked like the reigning AL Cy Young award winner for the Tribe, stranding a lead-off double in both the third and fourth.

METRO NEWS SERVICES

Steelers QB accused of sexual assault

LAWSUIT Pittsburgh Steelers two-time Super Bowl-winning quarterback Ben Roethlisberger was reportedly accused of sexual assault by an employee of Harrah's Lake Tahoe hotel in Nevada.

According to the Pittsburgh Post-Gazette, the civil lawsuit was filed last Friday in Washoe County, Nev. The suit apparently also names eight employees of Harrah's who allegedly helped cover up the incident.

Roethlisberger's lawyer reportedly denied the claims.

The report states the incident stemmed from the American Century Celebrity golf tournament.

Ben Roethlisberger

The woman worked as a concierge for the tournament and was later called up to provide room service for the Pittsburgh quarterback. When she arrived, apparently no room service was necessary, and Roethlisberger allegedly committed non-consensual sexual acts with the woman.

The lawsuit includes 12 claims, including assault, sexual assault and battery, false imprisonment, fraud, invasion of privacy and defamation. No criminal complaints have been filed, according to the report.

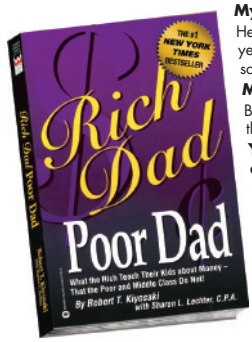
This is the first off-field issue for Roethlisberger since his much-publicized motorcycle incident in the 2006 offseason.

METRO NEWS SERVICES

iLUKA
Recruiting drivers to work with a major American Broadcaster during the 2010 Winter Olympic Games
Candidates should have good driving experience, be enthusiastic, familiar with the Vancouver area and keen to showcase it to the world.
Contracts start in Jan. and Feb. 2010. Interviews being in August.
Send your resume to recruit@ilukatransport.com or fax 604 482 1051

IMMEDIATE OPENING
ENUMERATION/REGISTRATION
• Work Avg. $22/hr. No exp.
• 15 full time positions
• Full training provided
604.451.4466

Learn What the Rich Already Know About Money at Our
FREE LOCAL EVENT
RICH DAD POOR DAD


THE #1 NEW YORK TIMES BESTSELLER
Rich Dad
Poor Dad
What the Rich Teach Their Kids about Money – That the Poor and Middle Class Do Not!
By Robert T. Kiyosaki
with Sharon L. Lechter, C.P.A.

My Poor Dad was educated and intelligent.
He completed four years of undergraduate work in less than two years. He then went on to receive his Ph.D... all on full financial scholarships.

My Rich Dad never finished the eighth grade.
Both men were successful in their careers, working hard all their lives. Both earned substantial incomes.

Yet my highly educated dad struggled financially all his life and the other dad would become one of the richest men I had ever known.
One died leaving tens of millions of dollars to his family, charities, and his church. The other left a legacy of unpaid bills. Both men were strong, charismatic, and influential.

Both men offered me advice, but they did not advise the same things.
My two dads offered me the perspective of contrasting points of view: a rich man's view and a poor man's view. This forced me to think about, and ultimately choose, a new way of thinking for myself. A way of thinking that assures financial security and prosperity! Now, through my books and workshops, I can share my mindset with anyone interested in mastering the Rich Dad® way of thinking – and use it to create true long-term wealth.

FREE *Learn To Be Rich*™ Workshop
Based on the Book & Teachings of World Famous Author Robert Kiyosaki

COMING TO THE VANCOUVER AREA ON AUGUST 11, 12 OR 13
CALL NOW TO REGISTER 1-800-306-9984
Receive a FREE CD-ROM! *"RICH DAD'S® BUDGETING YOUR MONEY"*
An excerpt from Robert's new best seller, Rich Dad's Increase Your Financial IQ.
It's YOURS FREE at the workshop!
Robert Kiyosaki does not participate in this event.

RICH DAD'S EDUCATION

The Rich Dad's® word mark and logos are owned by CASHFLOW Technologies, Inc. and any use of such marks by Rich Dad Education Ltd is under license. Additional products and services will be offered for sale. © 2009 Rich Dad Education Ltd. All rights reserved. RDE0236 v2 7-08

Green wheels for green summit

World political leaders at the United Nations Climate Change Conference, which will be held in Copenhagen in December 2009, will be transported using bioethanol made from straw. The cars will be supplied by Volvo. METRO NEWS SERVICES

Metro Drive

Genesis appeal

J.D. Power and Associates has chosen the Hyundai Genesis as its most appealing midsize premium car in the 2009 Automotive Performance, Execution and Layout (APEAL) Study.

METRO NEWS SERVICES

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

Power up, fuel down

Camry hybrid doesn't skimp on usual comforts

Wide shoulders, clean, unadorned sheet metal and a stylish chrome grille treatment give the Camry Hybrid a sophisticated look.

NEIL MOORE
for Metro Canada

2010 Toyota Camry Hybrid

Type: Mid-size hybrid sedan
Price: from $30,900
Engine: 2.4-litre, 16-valve DOHC four cylinder gas engine with high-torque electric motor (combined 187 hp, 138 lb/ft)

Highlights

- Impressive acceleration
- Plenty of standard equipment
- Sophisticated look

Truth be told, I'm a bit of a closet greenie, which is why the Camry Hybrid suits me just fine.

I don't wear my respect for the environment like a badge — no beard, no sandals, no baggy cargo shorts with 101 pockets. And I don't feel the need to drive anything that shouts 'hybrid' to passersby.

The 2010 Camry Hybrid, save for subtle badging on the sides and trunk, is nearly identical to its gas-powered sibling.

It enjoys same taut lines, wide shoulders and cladding-free sheet metal — and an even nicer front grille treatment.

The 2010 Camry Hybrid is available in one model, powered by Toyota's Hybrid Synergy Drive system, which has been installed in more than one million hybrids since 1997. In this configuration, it mates a 2.4-litre, 16-valve DOHC four cylinder gas engine with a high-torque electric motor, storage battery and energy management system.

The system can deliver a combined 187 hp across a wide band of engine speeds. This is partly due to the electric motor's ability to deliver maximum torque almost instantly, unlike gas engines which do so at higher RPMs.

The beauty of this hybrid system is that the gas engine and electric motor can work independently or together, switching seamlessly back and forth depending on demand. At startup, and if you're easy on the pedal at low speeds, the Camry will run on the electric motor only.

Push the accelerator a little harder and the gas engine joins in smoothly and quietly. Ease off again, and you're back to electric drive.

When you really have to go, such as when passing or merging on to a highway, both gas and electric work together. And coupled with the standard equipped continuously variable transmission (CVT), this powertrain delivers surprisingly brisk acceleration. The Camry Hybrid will go from zero to 60 mph (96 km/h) in about 8.4 seconds.

The Camry Hybrid is rated at 5.7 litres/100 km (50 mpg) for both city and highway driving. These ratings, of course, are difficult to match in the real world, and by the end of the week, my results were closer to 7.0, which is not bad for a sedan of this size.

Aside from all this green tech, the Camry Hybrid gives you all the comforts you'd expect in one of Canada's most popular mid-size sedans. Standard equipment includes eight-way power adjustable driver's seat, dual zone climate controls, smart key system with push button start, a JBL AM/FM/CD/MP3/WMA eight-speaker audio system with six-CD changer, steering wheel audio controls, Optitron electronic gauges with a multi-function display and more.

Will carrots and sticks do the trick?

AutoPilot
Michael Goetz
metronews.ca/autopilot

A cement mixer collides with a prison van. Motorists are asked to be on the lookout for 16 hardened criminals.

That joke by Britain's Ronnie Corbett has nothing to do with the topic of this column.

But I figured a bunch of you would tune out immediately if I launched with the actual topic — the new proposed auto emissions regulations.

Forging the right regulations is obviously a worthwhile exercise, just not a particularly uplifting one, as it usually entails accusatory tones, convoluted excuses, and the spectre of reprimands — not unlike a trip to the vice-principal's office.

But this round of regulation talk at least has the Obama factor in its favour. The "cool" U.S. president started the whole thing off this May when he announced the new standard that roughly mirrors the proposed California clean air standard, and that it would be enacted by 2016, four years earlier than the original deadline of 2020.

But the most novel aspect of these tough new standards is that they would be national, replacing the patchwork of state legislation that so infuriated the automakers.

Some automakers and some industry watchers contend that consumers won't buy these new super-duper fuel-efficient thingies — because the new standards will surely make them more expensive, and because many won't fit their lifestyles.

The evidence used by this camp is that many super-efficient vehicles are already on the market, and they're not exactly flying off the shelves.

That's why some say the only way to change consumer behaviour here is to raise fuel prices WAY UP. That's probably a bit too political for most politicians.

So we get this "stick" approach being applied to the automakers, and some "carrots" like Ontario's proposal to offer rebates between $4,000 and $10,000 for plug-in hybrids and electric cars purchased after July 1, 2010.

A pre-production Chevy Volt. Regulations and rebates are crucial to get consumers driving greener cars, Michael Goetz says.

Which way is best? That's a debate not restricted to the auto industry, and one we're not going to solve today. That's an eternal debate on how to best influence behaviour in general.

Michael Goetz has been writing about cars and editing automotive publications for more than 20 years. He lives in Toronto with his family and a neglected 1967 Jaguar E-type.

0% APR up to 36 months on all models
Dealer Name
dealerwebsite.com
Available on all 2009 models.

Das Auto.

German Engineering has never been so affordable
WESTMINSTERVW.COM
in Coquitlam, BC
OR CALL 1.800.731.8754
2555 Barnet Highway, Coquitlam, BC (5 min West of Coquitlam Centre)

Ford Drive one.

CHALLENGE

We want you to experience the best vehicles we've ever built.

We're inviting you to take the Drive One Challenge. We believe that once you drive a Ford you won't want to drive anything else. If we still haven't won you over and you buy a qualifying competitive vehicle, we'll give you $100.†

47 mpg and 6.0L/100km (hwy) 33 mpg and 8.5L/100km (city)‡

2009 **Ford Focus** 4 Door SE Auto

MSRP (Dealer may sell for less)	$19,649
Employee Price Adjustment	$1,591
Delivery Allowance	$1,500
Total Price Adjustment	$3,091

Your Employee Price

$16,558*

Includes air tax and freight of $1,400

The 2009 Canadian Utility Vehicle of the Year

*optional equipment shown

2009 **Ford Flex** SEL FWD

MSRP (Dealer may sell for less)	$36,949
Employee Price Adjustment	$3,040
Delivery Allowance	$4,000
Total Price Adjustment	$7,040

Your Employee Price

$29,909*

Includes air tax and freight of $1,450

The Most Fuel-efficient Midsize Sedan in Canada‡‡

2010 **Ford Fusion** SE I4 Auto

MSRP (Dealer may sell for less)	$25,399
Employee Price Adjustment	$1,991
Delivery Allowance	$1,500
Total Price Adjustment	$3,491

Your Employee Price

$21,908*

Includes air tax and freight of $1,400

INSURANCE INSTITUTE FOR HIGHWAY SAFETY

"Top Safety Pick"

2009 **Ford Edge** SEL **AWD**

MSRP (Dealer may sell for less)	$37,449
Employee Price Adjustment	$3,100
Delivery Allowance	$4,000
Total Price Adjustment	$7,100

Your Employee Price

$30,349*

Includes air tax and freight of $1,450

FORD EMPLOYEE PRICING

Plus everyone gets Ford Employee Pricing. So you pay what we pay.

Meaning you'll get up to $7,100* in price adjustments.

Offers vary by model.

*Excludes CAW negotiated bonus.

*Hurry in to your BC Ford Store for the Drive One Challenge† and your Employee Price.**

bcford.ca

Ford Drive one.

WISE BUYERS READ THE LEGAL COPY: *Offers Valid in British Columbia only. Ford Employee Pricing refers to "A plan" pricing ordinarily available to Ford employees and excludes any CAW negotiated bonuses or other special incentives that employees may receive from time to time. Ford Employee Pricing is only in effect from July 1st to August 31st, 2009 at participating Ford of Canada Dealerships. Ford Employee Pricing is available on most new 2009 and 2010 Ford vehicles (excluding 2009 Shelby KR, 2010 Mustang Shelby GT 500 and F-150 Raptor and 2009 and 2010 F-Series Chassis Cabs, E-Series Cutaways and Stripped Chassis, LCF, and Medium Truck). The new vehicle must be delivered or factory ordered from your Ford Dealer between July 1st and August 31st, 2009. Ford Employee Pricing in British Columbia includes air tax and freight but does not include license, insurance, registration, PPSA, administration fees, fuel fill charge and all applicable taxes. This offer can be used in conjunction with most retail consumer offers made available by Ford of Canada at either the time of factory order or delivery, but not both. Ford Employee Pricing is raincheckable. Ford Employee Pricing is not available on any vehicle receiving Competitive Price Allowance or Government Price Concession, SBIP, CFIP, Fleet Delivery Allowance, or Daily Rental Incentives. Dealer may sell or lease for less. Limited time offers. Offers may be cancelled at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. †Drive One Challenge offer valid from July 1, 2009 until August 31, 2009 (the "Program Period"). This offer is only valid at participating dealers. Any customer who test drives a new Ford vehicle during the Program Period and purchases or leases a new qualifying competitive make and model vehicle and takes delivery of that vehicle within 14 calendar days of the Ford or test drive will be eligible to receive a $100 offer. To claim the $100 offer the customer must return to the Ford dealer where they took their test drive within 14 calendar days of the original test drive and present the dealer with proof of purchase/lease and delivery in the form of a dated and signed Retail Buyers Agreement. Eligible customers will be mailed a cheque from Ford Motor Company of Canada in the amount of $100 after eligibility is verified. Only one (1) $100 offer may be claimed per person during the Program Period. Qualifying competitive vehicles vary based on the model of the Ford test drive vehicle. See dealer for details regarding eligible competitive makes and models. Offer only available for use by Canadian residents and is in Canadian Funds. This offer may be cancelled at any time without notice. *Cash purchase, purchase finance or lease a new 2009 Ford Focus SE 4 door with automatic transmission/2009 Ford Fusion SE I4 with automatic transmission/2009 Ford Flex SEL FWD/2009 Ford Edge SEL AWD for MSRP of $19,649/$25,399/$36,949/$37,449 or with Ford Employee Pricing for $16,558/$21,908/$29,909/$30,349 after Total Employee Price Adjustment of $3,091/$3,491/$7,040/$7,100 deducted (Total purchase price adjustment is a combination of Employee Price Adjustment $1,591/$1,991/$3,040/$3,100 and Delivery Allowance of $1,500/$1,500/$4,000/$4,000). Taxes payable on full amount of purchase price after Employee Price Adjustment, and Delivery Allowance have been deducted. All offers on 2009 Ford Focus SE 4 door with automatic transmission/2009 Ford Fusion SE I4 with automatic transmission/2009 Ford Flex SEL FWD/2009 Ford Edge SEL AWD include air tax and freight of $1,400/$1,400/$1,450/$1,450. All offers exclude license, insurance, registration, PPSA, administration fees and all applicable taxes. ‡Fuel consumption ratings are based on Transport Canada approved test methods. Actual fuel consumption may vary based on road conditions, vehicle loading, driving habits and the addition of certain vehicle accessories. Fuel efficiency figures based on the 2009 Ford Focus S I4 automatic. ‡‡Based on estimated fuel consumption ratings: Fusion Hybrid 4.6L/100km city and 5.4L/100km hwy or Fusion S, I4 automatic 8.9L/100km city and 5.8L/100km hwy (excluding hybrid). Midsize class per R.L. Polk & Co. (U.S.)/Intermediate per R. L. Polk Canada, Inc. Limited quantities of Fusion S available in Canada. Dealer may sell for less. Limited time offers. Offers may be cancelled or changed at anytime without notice. See dealer for details. Ford Motor Company of Canada, Limited. – P.O. Box 2000, Oakville, Ontario L6J 5E4

BROWN BROS. FORD LINCOLN
270 S.E. Marine Drive
VANCOUVER
604-321-5100 | D5489

COASTAL FORD
5750 Lougheed Highway
BURNABY
604-294-6525 | D8573

DAMS FORD LINCOLN SALES LTD.
14530 104 Avenue
SURREY
604-588-9921 | D5551

CAM CLARK FORD LINCOLN
833 Automall Drive
NORTH VANCOUVER
604-980-2411 | D24977

KEY WEST FORD
301 Stewardson Way
NEW WESTMINSTER
604-520-3055 | D4785

OCEAN PARK FORD
3050 King George Highway
SURREY (WHITEROCK)
604-531-6100 | D8357

COASTAL FORD
530 Evans Avenue
VANCOUVER
604-873-2363 | D8573A

DAMS FORD LINCOLN SALES LTD.
19330 Langley Bypass
LANGLEY
604-532-9921 | D5551A

HALLMARK FORD
10025 152nd Street
SURREY
604-584-1222 | D7836

METRO MOTORS
2505 Lougheed Highway
PORT COQUITLAM
604-464-0271 | D5231

RICHPORT FORD LINCOLN LTD.
Jacombs & Westminster Highway
RICHMOND AUTOMALL
604-273-7331 | D6099

Metro Workology exclusive: Backstage Pass

In the coming weeks Metro's Workology section will be focusing on the part of the entertainment industry that you DON'T see. Backstage Pass will focus on the careers behind the camera and the curtain. So be sure to read Workology and Metronews.ca/work every day.

Workology

More rail against transit age limit

University of Ottawa President Allan Rock has written to Ottawa's acting mayor asking that city council remove the new age limit on student bus passes. Rock says in his letter that the new policy, under which full-time students over the age of 27 cannot qualify for the discounted transit passes, will "have a significant impact on a large segment of our student body, in particular those students pursuing graduate studies." METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

A masterful moment for Nunavut

FocusOn FirstNations

RAFAEL BRUSILOW
for Metro Canada

"These degrees will help our people to enter leadership roles and say that our values and ways are the best ways for our people. That cultural identity really has to be part of the school system."
Nunavut master's degree in education graduate Shuvinai Mike

For 21 Inuit women in Nunavut, receiving their master's degrees in education isn't just a personal success, it's a historic event marking the beginning of a bright future for the territory.

The 21 female educators were recently awarded the first graduate degrees ever presented in the young Canadian territory, proving that determination and hard work can make possible the goal of having Nunavut's education system one day run by its own people.

The recipients all successfully completed a three-year masters of education program led by the University of Prince Edward Island and also administered by Nunavut Arctic College and St. Francis Xavier University and funded by the Nunavut government.

Dr. Fiona Walton, a professor of education at the UPEI who helped create the degree program, says the biggest challenge was to deliver an academically rigorous program with a high standard of scholarship, presented in both English and the native Inuit language of Inuktitut. She says the students not only rose to the challenge but excelled in the program.

"English is a second language for every one of these graduates and they've worked very, very hard to get these degrees. The quality (of scholarship) is there," Walton said.

From the program's start in 2006, students undertook a combination of face-to-face classes and online learning over three years to make it possible for them to earn their degrees without having to travel away from Nunavut.

"One of the things we were committed to was that students wouldn't have to leave Nunavut, we would come to them. The ultimate goal is that the educational system in Nunavut will be run by Inuit," Walton said.

Walton, who lived for 15 years in Nunavut, conducted a survey of Nunavut educators in 1995 that showed educators in Nunavut were desperate to pursue advanced qualifications but simply couldn't leave their families to study in the southern parts of the country, leaving senior educational positions in the territory held by southerners. She saw a burgeoning need and decided to do everything she could to fill the educational void left in Nunavut.

"They needed to have professional learning brought to them — there's almost no expertise about Inuit education in Canadian Universities," Walton said.

Shuvinai Mike, one of the 21 graduates, believes the degrees she and her classmates have received signal a shift towards Inuit values in Nunavut's education system.

"These degrees will help our people to enter leadership roles and say that our values and ways are the best ways for our people. That cultural identity really has to be part of the school system. We can now put a voice to our ways," Mike said.

Millie Kuliktana, another graduate of the program and executive director at a school in western Nunavut, told The Globe and Mail she hopes her and other graduates' example can inspire others to pursue leadership in education.

"Education is the foundation of anything we set out to do. We have shown what can be done," Kuliktana said.

For Walton, graduates like Kuliktana signal a new way forward for Nunavut's educators.

"People are saying it was a transformational learning experience for them — they're really learning who they can become now as educational leaders.

"They've created their own vision together," Walton said.

PHOTO SUBMITTED

From left: Chancellor Bill Andrew, President and Vice-Chancellor H. Wade MacLauchlan (both from the University of Prince Edward island), Shuvinai Mike, and premier of Nunavut Eva Aariak at the grad ceremony for Nunavut's first master's in education program.

DEVENEZ COORDONNATEUR D'ÉVÉNEMENTS !
BECOME AN EVENT PLANNER !
Fast growing Industry
Educated Professionals highly in demand
On-line French Courses start in September
Get your Certificate and be a part of 2010 Celebrations !
Appelez maintenant !
Collège EDUCACENTRE College
www.educacentre.com • 1.800.747.4825
The French College in British Columbia

FITNESS LEADERSHIP DIPLOMA PROGRAM
Become a BCRPA Registered Personal Trainer
Earn up to $60/hour • Government Financial Aid may be available.
HILLTOP ACADEMY
604-930-8377
www.hilltopacademy.com

JUSTICE INSTITUTE of BRITISH COLUMBIA
Canada's leading public safety educator
www.jibc.ca

Learn. Experience. Succeed!
Daytime TEFL and Stand Alone Practicums
Save 10% this August!
TEFL Distance Education Available Online
Archer EDUCATION GROUP
TESL CANADA
Main Floor - 788 Beatty Street, Vancouver, B.C.
604-608-0538 • vancouveresl@archereducation.com

Be Mentored by the Pros!
nimbus School of Recording Arts
Enroll now to reserve your spot!
604.875.8998 • www.nimbusrecording.com
Garth Richardson (Rage Against the Machine)
Bob Ezrin (Pink Floyd, Alice Cooper & Kiss), Michael McCarty (Billy Talent)

More than $11 million for Sherbrooke
The federal and Quebec governments announced last Friday more than $11 million in joint infrastructure funding for Cégep de Sherbrooke and Bishop's University. The majority of the funding will support the modernization of science labs and teaching facilities. METRO NEWS SERVICES

Gossip won't hold up in court

WorkplaceLaw

"What you say in advertising is more important than how you say it"
–DAVID OGILVY

After 11 years as the sole service manager for Lee Munro Chevrolet in Paris, Ont., Franklyn Patterson apparently had had enough of his job. The feeling must have been mutual.

The day after a long shift, Patterson's wife contacted the company stating that her husband was not well and would not be at work for the next few days. However, when Patterson awoke the day after to find his own job posted in the classified section of the local news, he was perplexed. He hadn't been fired, and he hadn't resigned.

Sometimes a company's actions create a situation where an employee believes that he or she can no longer continue in the job. If that belief is reasonable, then the employee can treat himself as having been fired. And in Canadian employment law, when you are fired, you are entitled to severance.

Believing that the posting of his job in the local news made it impossible for him to continue with his work, Patterson sued the company, arguing that the posting should be equated with his dismissal. Interestingly, an Ontario judge recently agreed.

According to Lee Munro, the principal of the dealership, Patterson's claim for sick leave was nothing but a sham. He believed that Patterson's absence from work was a pre-meditated scheme for making a claim under the company's new disability plan. Having heard that Patterson's wife was receiving long-term disability payments, he was certain that Patterson's plan was to do the same. As Munro explained, once Patterson left work, he didn't think he would return, so posting an advertisement for his job was a logical step.

Although the court found that Munro's belief in Patterson's plan was reasonable and honestly held, it was not based on evidence — but rather on speculation and gossip. In any event, based on the medical evidence, Patterson was genuinely ill and unable to work at that time.

Claims for sick leave, however dubious, should be handled with caution.

In an employment lawsuit, honest intentions don't always matter. Workplace rights are assessed based on what was a reasonable course of action. In this case, the court ruled that the "inescapable conclusion" was that placing the advertisement for Patterson's job in the news without providing any explanation or even informing him that it would be published was tantamount to his dismissal. Patterson was awarded nearly a year's salary and his legal costs.

Lessons

Whether you are an employer or an employee, you can glean valuable lessons from this case:

- Silence is not always golden. While putting succession plans in place may not be an unreasonable course of action, there may be a duty to inform employees why a job is being posted and what it means to their own employment.
- Claims for sick leave, however dubious, should be handled with caution. More often than not, a doctor's note is evidence of a genuine illness.
- Don't rely on water-cooler gossip in asserting workplace rights.

Daniel A. Lublin is an employment lawyer focusing on the law of dismissal; dan@canadaemploymentlawyer.com.

Recession-proof your future.

The CMA designation offers unparalleled business training, making the designation the leading preference for employers when hiring mid to senior level financial management positions.

Don't wait for success. Attend an information session and find out how to recession-proof your career.

When: July 22, 2009, 5:00 - 6:00 pm
Where: Shangri-La Hotel, 1128 West Georgia St, Vancouver – Blue Moon Theatre

RSVP to **cmabc@cmabc.com** or phone 604-687-5891

CMA Certified Management Accountants

Workology in **brief**

STRIFE A new study by the University of British Columbia states that male university students are just as likely as female students to be victims of physical or emotional violence. Of the students who experienced violence, 59 per cent of males and one-third of females said they had been drinking when the violence occurred, while nearly half of the emotional violence and 20 per cent of the physical violence reported by both genders came from intimate partners.

MONEY The Research Institute of the McGill University Health Centre (RI MUHC) and McGill University have received grants from the Canadian Institutes of Health Research totalling $14 million, in order to attract and train the next generation of biomedical researchers. RI MUHC is a world-renowned biomedical and health-care hospital and research centre that supports 600 researchers and nearly 1,200 graduate and post-doctoral students.

SKILLED TRADES According to a recent survey commissioned by the Canadian Apprenticeship Forum, there is a countrywide shortage of skilled tradespersons in Canada. Of the country's approximately 200 skilled trades, there is particular demand for automotive service and repair professionals as well as electricians and plumbers.

PUBLIC As a result of the deteriorating job market, many young people are being forced to consider new careers, and they are looking to the public sector. According to university and college enrolment data, nursing, paramedics, early childhood education, wildlife conservation, social work and police foundations training saw the biggest jump for fall 2009. Applications for mathematics, computer and information sciences and communication technologies fell. This shift is related to the perceived stability of the public sector.

HEATHER BUCHAN/ FOR METRO CANADA

Metro Workology exclusive: Backstage Pass
In the coming weeks Metro's Workology section will be focusing on the part of the entertainment industry that you DON'T see. Backstage Pass will focus on the careers behind the camera and the curtain. So be sure to read Workology and Metronews.ca/work every day.

Costume maker or mad scientist?

Don't be fooled by the dye vats and tools, wardrobe shops are just for the stage

Backstage Pass

RAFAEL BRUSILOW
for Metro Canada

Turning garbage into glorious gowns and scraps into showy skirts is what Doris Haidner-Seif does best, always with a hint of stagecraft added.

As Head of Wardrobe in York University's Theatre Department in Toronto, Haidner-Seif has spent half her life teaching students how to take everyday clothes and turn them into visually arresting costumes worthy of a great performance.

If swirling dye vats, revving tools and ominous-sounding "respirators" seem like something you'd rather find in a factory than a studio, that's because Haidner-Seif's production space at York resembles a lair of mad science.

Coloured spools hang from a wall mount above industrial sewing machines and shelves filled with vibrant fabrics flank rows of work tables. Overhead, powerful lamps hang suspended like latticework, suggesting a place of intense concentration and creativity.

The 49-year-old instructor and creative designer has built costumes for performance houses like the Canadian Stage Company and the Theatre Francais in Toronto and says the key to making great costumes is to see beyond the ordinary and let a garment reveal itself from its humble roots.

"It's just clothing until it becomes a costume. You need to leave yourself wide open and let the thing create itself," she said.

Since 1985, Haidner-Seif has taught wardrobe design and managed York's Costume Shop where students get to make every single costume or wardrobe accessory used in the school's many student performance productions.

RAFAEL BRUSILOW/FOR METRO CANADA

Doris Haidner-Seif is head of wardrobe at Toronto's York University Theatre Department.

Haidner-Seif teaches students to draft patterns, take measurements correctly, cut fabric, plan their designs and think outside the box — a piece of scarf can become the trim on a luxurious dress or the tail of a stuffed toy can become a collar, for example.

With extremely limited budgets, imagination becomes a precious commodity as student designers have to visualize an impressive finished product matched together piecemeal from a pile of dreary old clothes and scraps of material.

Haidner-Seif feels it's a beneficial rite of passage for students to learn to stretch a small budget by thinking creatively, especially since it prepares them for the realities of actual theatre production.

"You need to be able to see the potential in a piece of garbage. When you have nothing, you're forced to be inventive," she said.

In the 25 years she's been teaching students how to create costumes, Haidner-Seif has seen nearly 1,000 of them walk through her doors and she considers them all a part of her family in one way or another. Her passion for teaching students is unmistakeable and she finds joy in passing her knowledge on to the next generation.

"They're like my kids — I'm proud of them. The most rewarding part of all is that I've given a piece of myself to them," Haidner-Seif said.

For more of the Backstage Pass exclusive series check Workology frequently or stop by: metronews.ca/work

NEED AN AWESOME SUMMER JOB?
Fun Call Centre Downtown
Hourly Plus Bonus • Flexible Shifts
Open 7 Days a Week • Start Today
Call 604-630-5008

WHY CMA?

Michael Lincoln, MBA, CMA
Chief Financial Officer, MedGenesis Therapeutix

As Chief Financial Officer of MedGenesis Therapeutix Michael's role encompasses accounting, finance, business development and governance, as well as contributing to the overall management of the company.

As CFO, Michael is also involved in raising capital and working on partnering initiatives that accelerate the company's development process or strengthens their technology platform.

*"I chose the **CMA** designation for various reasons but the primary reason was to broaden my career options as the designation is very complementary to an MBA. I also wanted to increase my breadth and depth of accounting knowledge and legitimize what I already knew."*

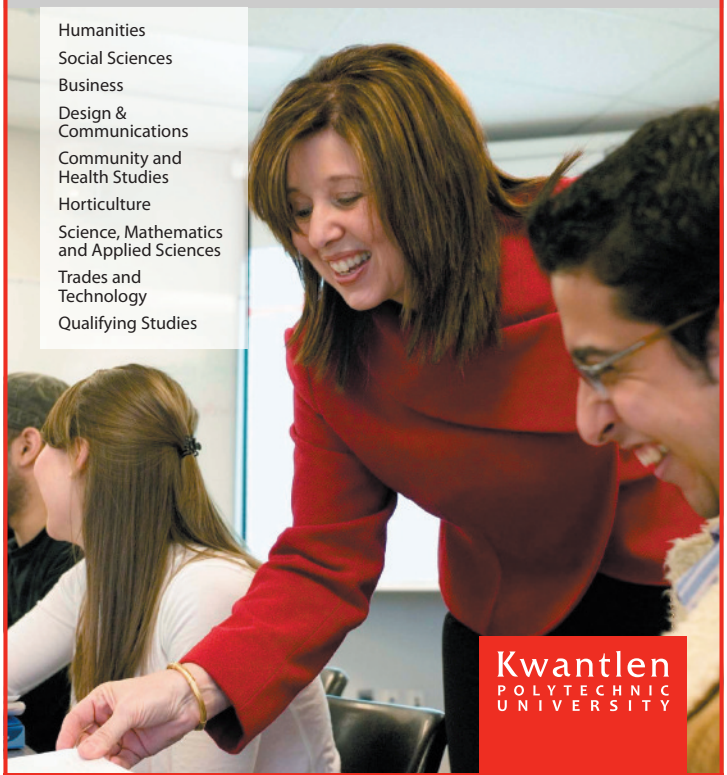
*"The **CMA Program** has certainly provided me with stronger accounting knowledge but more importantly the program reinforced for me the power of information and how it can best be applied to optimize decisions and strategy."*

CMA Certified Management Accountants
cmabc.com

For more information on the CMA Program contact Shannon Thompson: 604.687.5891 or cmabc@cmabc.com.

HURRY—COURSES ARE FILLING FAST!
There's still time to apply for the Fall semester.
Kwantlen has seats available in the following areas for classes starting **September 8:**

- Humanities
- Social Sciences
- Business
- Design & Communications
- Community and Health Studies
- Horticulture
- Science, Mathematics and Applied Sciences
- Trades and Technology
- Qualifying Studies



Kwantlen POLYTECHNIC UNIVERSITY

Apply now | kwantlen.ca | 604.599.2000

University of Manitoba to recognize degrees from faith-based institutions
Under new rules introduced last month, the University of Manitoba will accept applications for graduate studies from students holding a four-year undergraduate degree from Canadian institutions allowed by law to grant degrees, including faith-based schools. METRO NEWS SERVICES

A king behind the scenes

Jordan Francis' resumé paints jack-of-all-trades picture

Backstage Pass

BRIAN COULTON
for Metro Canada

When Jordan Francis was just three years old, his mother enrolled him in dance class because she said he had so much energy he was always causing trouble.

"I started with jazz, then moved on to tap, ballet, afro and hip hop," said Francis, now 18. "Dancing has been my main foundation since I was a little child. Then I moved on to doing acting, then music after that. It's been like fulfilling dream after dream."

What began as a control measure turned into a career for Francis, who's now a seemingly jack-of-all-trades in performance arts. In front of the scenes, he starred as Simba in The Lion King on Broadway, acted in the Disney Channel original movie Camp Rock alongside the Jonas Brothers, and has a music video for one of his songs in rotation on MuchMusic.

But it's behind the scenes where Francis most flourishes. Also a choreographer, voice actor and songwriter, Francis said he enjoys those roles because of their lack of image consciousness.

"Working in front of the camera, you've got to make sure you look really nice and put together," he said. "I like to get my hands dirty, play sports once in a while, play video games … kind of be a kid. I'm 18 years old, but I still act like I'm 12 sometimes."

Juvenility works in his favour, however, when it comes to voice acting for animated projects such as Teletoon's Carl Squared, on which he plays a supporting character. "I'm watching cartoons all the time and mimicking," said Francis. "Bugs Bunny? Oh my gosh. I used to watch it all the time."

But Francis' favourite of his many jobs is making music, he said. Inspired by English classes as a child in which he could unabashedly voice his opinion and "build creative juices," Francis has written songs for himself and other local rap artists.

"Songwriting really helps me have fun, mess around and do whatever I want, because it's not like people are watching me while I'm in the recording studio," he said. "It's more like people are hearing me out. I feel like that's what matters most — to really send a message."

That's why Francis said the majority of music he makes is for charitable causes. He's even penning a song now called We Can Make it Now for Ability Online, an Internet community where ill and disabled children can connect.

"Always being in the public eye, it makes me feel like I'm doing really well," he said. "It makes you feel good on the inside as well."

For more of the Backstage Pass exclusive series check Workology frequently or stop by: **metronews.ca/work**

PHOTOS SUBMITTED

As a voice actor, choreographer and songwriter, Jordan Francis has flourished behind the scenes.

SELF MOTIVATED?
Business Advertising & Fundraising Sales Opportunities Now Available!
Call Gerry
604-681-3586 (from 9 a.m. to 4 p.m.)
or 778-773-2105 (from 4 p.m. to 9 p.m.)

WHY CMA?

Jonathan Irwin
General Manager, Paterson Countertops

As General Manager at Paterson Countertops, a family owned company, Jon Irwin's responsibilities cover almost all aspects of the business. Since September 2007, Jon has been enrolled in the CMA Program.

*"I favoured the **CMA** designation specifically, as it brings accounting, management, and strategy together, three pillars of any successful business, and an invaluable skill set."*

To find out how a CMA designation can benefit your career attend a CMA information session.
Register today as seating is limited. Call 604.687.5891.

Wednesday, July 22, 2009, 5:00 - 6:00 pm,
Shangri-La Hotel – Blue Moon Theatre
1128 West Georgia Street, Vancouver

CMA Certified Management Accountants
cmabc.com

RSVP to cmabc@cmabc.com or phone 604.687.5891 to register for a CMA information session.

Odd Jobs

Diane Peters

Read Workology every Monday and visit Metronews.ca/oddjobs, for Diane Peter's Odd Jobs column

For more careers and education news visit: **metronews.ca/work**

INFO NIGHT
July 23 at 6 pm
- Larger facilities with real aircraft seats
- Quality time with Instructors & Staff
- FREE movie tickets for all attendees
- Raffle Prizes

ETON COLLEGE
RSVP 604-677-ETON (3866)
Experience education at its best!

World's Best Awards

The Auberge Saint-Antoine, a boutique hotel in Quebec City's historic Old Port, is No. 3 on the list of Top 10 Small City Hotels in North America, according to Travel + Leisure's 2009 World's Best Awards readers' survey. See travelandleisure.com/worldsbest. METRO NEWS SERVICES

Travel

A magical exhibit

You might not be able to visit Hogwarts, but you can always fly off to see Harry Potter: The Exhibition at Chicago's Museum of Science and Industry. The exhibit, which runs until Sept. 27, offers a firsthand look at more than 200 costumes and props from the films, including Harry's original wand and glasses, Quidditch-related items, and a study of Dobby the house elf. The show requires timed-entry tickets; see msichicago.org. REUTERS

TRAVELDESK@METRONEWS.CA

Capital sights in Vilnius

Lithuanian city is in the cultural spotlight this year

JOHAN ÖBERG
Metro World News

A view of Gediminas Castle in Vilnius, Lithuania.

JOHAN ÖBERG/METRO WORLD NEWS

Drinking from a pump in Uzupis, the artsy section of town.

Smoked pigs' ears is an essential dish to try in Vilnius.

The capital of Lithuania and Europe's oldest baroque old town, Vilnius, is European Capital of Culture 2009.

This city already had a vibrant arts scene, and throughout this year it's even more alive with exciting events from art exhibitions and music festivals to theatre and literature festivals.

It's a stunning town that will charm you with its cobbled alleyways, cosy bars and intriguing combination of beautifully-preserved churches and the world's only statue of psychedelic musician Frank Zappa.

While you're there, here are a few sights and experiences you shouldn't miss:

Gediminas Castle: A perfect beginning for your visit to Vilnius is braving the walk up to Gediminas Castle to get a view of the city. You will see the old town, the river Neris and the 328-metre-tall TV tower.

Cathedral Square: On weekends the square is filled with newlyweds who are photographed before heading off to their receptions the city's many limousines. Vilnius has more limos than any other European capital.

Pigs' ears: Stroll down Pilies gatvė and have a rest at one of the many cafés and pubs, where a plate of smoked pig ears is a mandatory snack.

Old Town: The heart of the Old Town offers approximately one square kilometre of UNESCO World Heritage beauty, with lovely baroque buildings and surprises on every street corner.

Uzupis: Take a trip to the artsy, self-proclaimed "independent republic," Uzupis, on the other side of the little Vilnia River. Home to artists and musicians, it is Vilnius' answer to Montmartre in Paris and Christiania in Copenhagen.

TV tower: This is one of the few must-sees in new Vilnius — it is where the final stand took place during Lithuania's fight for independence in 1991. For the reckless visitor, there's an opportunity to take on Europe's highest bungee jump from a height of 169 metres.

Vilnius beach: Enjoy Vilnius beach, an artificial sandy beach on river Neri's north shore. A visit to the beautiful art park Europas Parkas nearby is a must; europosparkas.lt.

More details

- vilnius-tourism.lt
- culturelive.lt/en

METRO WORLD NEWS

Vancouver to the United Kingdom & Ireland
Glasgow • London Gatwick • Manchester • Dublin
Flight only from $99 one way plus tax
Book online or call 1 800 663 8614
flyglobespan.ca
Flights prices are per person, one way excluding tax. Prices correct at time of going to print and are subject to change. E&OE

Happy Birthday
Through August, Guinness Storehouse, Ireland's top visitor attraction, is celebrating the company's 250th anniversary with daily events including music, lectures, tours and demonstrations. A live Céilí band and Irish dancers will bring the house down each Saturday. See guinness-storehouse.com. METRO NEWS SERVICES

Top hotel beds

For travellers who need a good bed for a good night's sleep, travel guidebook publisher LUXE City Guides has come up with a list of the top hotel beds around the world.

1 The Bowery Hotel, New York: The Bowery Hotel's custom-built American-style wooden beds look as plump and comfy as they feel. Serta mattresses are enveloped in custom 400 count Egyptian cotton sheets, plus down duvets, two firm and two soft down pillows, or if you're sensitive, a choice of hypo allergenic pillows and duvets.

2 The Setai, Miami: With its 700 count sateen cotton treats from Christian Fischbacher of Switzerland, Dux beds with a 2.5 inch (6 cm) latex top pad and a choice of down, feather or hypo allergenic handmade pillows from Singaporean company Ploh, it's hard not sleep. Wake up with the views of the sunrise over the Atlantic.

3 Sofitel Watertower, Chicago: The trademarked SoBed sleep system is actually a Serta mattress topped by a Pacific Coast featherbed and duvet, custom 250 count linen and foam and feather pillows. If you can't stand another night without a SoBed, you can buy one through the hotel.

4 Hollywood Roosevelt, Los Angeles: After a night at LA's notorious party pad, you can sleep between custom 400 count sateen Sferra linens on a Sealy Palatial Crest Cushion with squishy pillowtop, and 26" square goose down pillows.

5 The Connaught, London: Sleep on the hotel's own signature Maybourne Deluxe barrel-shaped pocket spring mattress, with a poly-fibre pillow top, own brand 50/50 feather and down pillows and lovely Rivolta Carmignani 300 thread count cotton sheets. The window shades block out light completely and just add private butler and Asprey Purple Water toiletries for absolute luxury.

6 Park Hyatt, Sydney: Lie on an oversized Sealy Hyatt Grand Pillow Top king with 50 percent down and 50 percent feather pillows, snuggling under a cosy down and feather duvet and Australian Royal Collection 300 thread count linens. Wake to a view of the iconic Sydney Opera House and the dazzling harbour.

7 JIA, Shanghai: The bed is Sealy Hotel Luxury Pillow Top, the linen 300 count, the pillows a choice of soft or firm feather and down or hypo allergenic and the duvets 80 percent down, but what makes JIA Shanghai really sleepworthy are extras such as eye shades, ear plugs, aromatherapy oils and even electronic lullaby tunes. If you're in a suite, you can even have a crackling fire DVD. REUTERS

Paris Plages **Sunning by the Seine**

BENOIT TESSIER/REUTERS

People enjoy the sun as Paris Plages opens along the banks of the River Seine in Paris. The annual transformation of a section of the Seine into a man-made beach lasts until Aug. 20.

Sleepy? Poll rates best, and worst, airports for shut-eye

AIRPORTS On a shoe-string, stuck or just need some shut-eye? Avoid Paris' Charles de Gaulle at all costs, but embrace Singapore's Changi, according to a survey that rated the world's 10 worst, and best, airports to sleep in.

Dirty floors, filthy, overcrowded bathrooms, bird poo and biting insects were among the biggest complaints of the 6,200 travellers who took part in the poll, by travel website The Guide to Sleeping in Airports. Charles de Gaulle was voted the absolute worst, followed by Sheremetyevo in Moscow, which one traveller called "hell on earth". In the third and fourth spots were New York's JFK and Los Angeles' LAX, while India's Delhi airport rounded off the top five worst airports.

On the flip side, Singapore's Changi was rated the cleanest and most comfortable airport to sleep in, followed by Seoul's Incheon and Amsterdam's Schiphol. Oslo's Gardermoen and Hong Kong airport rounded off the top five best airports, which the site said travellers loved for the amenities, friendly staff and comfortable seating.

"Sleeping in airports is no longer just for the young budget traveller looking to save a few bucks," said the site, which was founded by Canadian former travel agent and expert budget traveller Donna McSherry in 1996. For a full list, click on sleepinginairports.net. REUTERS

Naked Cowboy runs for NYC mayor

NEW YORK A man who makes his living posing for pictures with tourists as The Naked Cowboy in New York's Times Square plans to run for mayor on a platform of "bringing transparency to a whole new level."

A fixture in Times Square for a decade, Robert Burck has made a profitable business from strumming a guitar dressed only in cowboy boots, hat and tight-fitting white briefs, asking tourists to pay a fee to take a picture with him. He makes appearances around the U.S. and in the media, and markets products ranging from underwear to comics. REUTERS

Cycle Ancient Greece
7 day tour from $849
Get off the beaten path as you explore mythical Corinth, Mycenae, and Epidavros on this small group adventure.
Tour does not include airfare, most meals, and local payment of 250 EUR. Valid for select Sep/Oct departures. Terms and conditions apply. Ask us for details.
UBC, SUB Lower Level 604-822-2426
SFU, MBC 2270 604-659-2850
3065 WestBroadway 604-659-2870
BPCPA Licensed
TRAVEL CUTS
www.travelcuts.com

DISCOVER INDIA
Flights from $669
Taxes & Airline Surcharges Extra
Free Flight Bag with Every Ticket Purchase
Bains Travel
Your Travel Experts
BC Reg#3376
CALL FOR THE LOWEST FARES TO INTERNATIONAL DESTINATIONS
Vancouver 604-324-2277 • Surrey/Delta 604-584-1411
www.bainstravel.com

5000 Years of Elegance
Impression China 9 Days from $2,380 plus taxes
• Terracotta Warriors • The Great Wall
• Forbidden City • Hanyangling
Including: airfare from Vancouver, most meals, 5-star standard hotels, guaranteed departure, English-speaking guide. No factory shopping!
LION TRAVEL
The True Asia Travel Expert!
Call 1-877-723-2566 BPCPA #25259
Visit www.lionholidays.com for more ASIA Vacations!

ACT FAST.
THIS DEAL DEPARTS
EARLY.
UP TO 50% OFF ALL FARES WITH ADVANCE PURCHASE.*
GREYHOUND.CA » 1-800-661-TRIP » IN TERMINALS
Greyhound
*Advance purchase required. For details, please visit greyhound.ca or call 1-800-661-TRIP. New bus design shown above is currently only available on select routes. Restrictions may apply. © 2009 Greyhound Canada Transportation Corporation.

Arthur's Day
Guinness' 250th anniversary celebrations will peak on Arthur's Day, Sept. 24, which honours Arthur Guinness, the man who signed the 9,000-year lease on the St. James's Gate brewery in 1759 and whose legacy gave the world Guinness stout. See guinness-storehouse.com. METRO NEWS SERVICES

Spectacular spas on the Algarve

Facilities are chock-a-block in southern Portugal region

NIELS RIGTER
Metro World News

An aerial view of Vila Vita, a five-star hotel on the Algarve coast in southern Portugual. Spa facilities at the hotel include steam rooms, a Roman bath, a waterfall and a swimming pool.

A guest receives a massage outdoors at the Vila Vita. Other spa treatments at the hotel include algae baths, milk-and-honey baths and time spent in a "snow room."

There's an easier way to chill out on the Algarve coast than hit the beaches crowded with packs of overheated tourists.

The region in the south of Portugal has become a go-to destination for spas, where you can relax with a grape mask, a seaweed wrap or even a "Siberian-Caribbean shower experience."

Less than 200 metres from the sea near the Algarve's tourist capital, Albufeira, the five-star spa resort Grande Real Santa Eulália is tempting people with its thalassotherapy, which is based on the therapeutic benefits of sea water.

There are pools for curing everything here — in one pool, counter-currents make it difficult to swim and underwater jets are designed to massage specific muscle groups. Elsewhere, bubbling baths and waterfalls soothe neck and shoulder muscles.

There are cocoons where in you can enjoy seaweed treatments, and seawater streams of different temperatures to stimulate and detoxify your circulatory system.

It's all very pleasant, but most of all, very good for your health, according to the spa host. The nearby sea might be warm and mineral-rich as well, but at the spa, the temperature is an optimum 35 C — and of course, you won't have to get sand between your toes.

You'll need at least six days to feel the benefits of your treatments here, but that shouldn't be such a hardship: In between spa sessions, you can enjoy watersports, golfing, long walks in the countryside, and sunbathing on some of Western Europe's most beautiful beaches. See granderealsantaeulaliahotel.com.

Seven Spa at Hilton, Vilamoura

This Hilton is particularly popular with golfers, so its new spa will be a hit with golf widows and widowers.
Spa facilities: Water massage, aroma bath, saunas, swimming pool, steam bath, rest area, ice fountain.
Treatments: Seven different kinds of facial treatments; six different kinds of body treatments including a mint scrub and chocolate body wraps; and seven types of massages. Check out the shower experience in which the temperature of the water changes from Caribbean rain to an ice-cold Siberian deluge.
Online: www.7-spa.com

The Lake Spa Resort

This huge, five-star hotel at the edge of the town of Vilamoura was built seven years ago.
Spa facilities: Salt bath, bubble bath, massage pool, sauna, Roman bath, steam bath.
Treatments: Massages, aromatherapy; shower massage with seaweed or thermal mud from the Pyrenees; baths with mud from the Dead Sea; chocolate masks; desert heat thermo-therapy; all kinds of water massages.
Online: thelakeresort.com

Ria Park, Almancil

A five-star hotel in Vale do Lobo, the most exclusive golf area of the Algarve.
Spa facilities: Thalasso pool, sauna, Jacuzzi, Turkish bath, fitness area.
Treatments: Fourteen kinds of dry massages (honourable mention to the peppermint foot massage); hydromassage; facial treatments. Check out the vibrating floatation bath with scented water.
Online: riaparkhotels.com

Vila Vita, Porches

A very luxurious five-star hotel with an extravagant garden, where you feel like even the birds are there to entertain guests.
Spa facilities: Steam rooms, sswimming pool, Roman bath, waterfall, rest areas.
Treatments: Massages, algae bath, milk and honey bath, cosmetic treatments, physiotherapy. Be sure to try the snow room with man-made snow.
Online: vilavitahotels.com

Looking toward the sea from the Vila Vita.

Potter star sentenced

Harry Potter actor Jamie Waylett has been hit with 120 hours of community service after pleading guilty to drug charges. Waylett, who plays bully Vincent Crabbe in the Potter films, plead guilty to growing 10 marijuana plants in his mother's England home. **POPEATER.COM**

Entertainment

Fan of Paula

American Idol judge Simon Cowell isn't worried about Paula Abdul not returning to the show. "She'll be fine," he tells Extra. "I don't get a lot of say. I've just made it clear that I want Paula on the show." USMAGAZINE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Native rock Swagger

Nunavut singer Lucie Idlout a 'fierce, alternative rocker'

IAN NATHANSON
for Metro Canada

Long before becoming a rock songstress, Lucie Idlout considered a career in politics.

"My area of interest was self-government and international human rights for indigenous peoples," says Idlout, who divides her time between Toronto and her hometown Iqaluit. "The problem was that every time a new government came in, we were forced to re-educate new ministers instead of moving forward in the rights of our peoples.

"Because I took that to heart, it really got me down. I didn't have the spirit for politics anymore."

Instead, she developed into what New Yorker magazine describes as a "fierce, alternative rocker" — possessing an edgy grit that could only come from someone used to bouncing between homes. Early in her life, Idlout's father bolted from the family and her formative years were spent both in the Nunavut capital and Ottawa.

Idlout turned to music as a creative outlet for expressing not only her own dealings, but also those of her home community. The title cut of her first solo effort, 2004's E5-770, My Mother's Name, stems from a 1940s-era Canadian federal government method of identifying Inuit people.

"It seemed to me that this acted as the first census for Inuit," Idlout explains. "But more importantly, it was a system that they used to fail our children. The way the system worked back then was 'get 'em while they're young' in terms of colonization."

FocusOn FirstNations

With punk-fuelled defiance, Idlout also addresses issues of suicide and domestic violence — the latter leading to an unexpected campaign. The track Lovely Irene, from Idlout's 2009 sophomore effort Swagger, was converted into an acoustic number, Angel Street, and grabbed the attention of Iqaluit mayor Elisapee Sheutiapik, who rechristened the street on which the city's women's shelter is housed. She later called upon other Canadian cities to name a street Angel in honour of women nationwide who have been victims of domestic violence.

Small wonder that Idlout was the ideal choice to open for The White Stripes during their visit to Iqaluit in 2007. The media attention surrounding that visit also highlighted Iqaluit as quite the centre of arts activity — carvers, folk singers, metalheads — beyond traditional throat singers and other Inuktitut-singing performers. Much of that attention can be credited to the likes of Tanya Tagaq Gillis, a throat singer renowned for collaborating with Björk, and folk-pop sensation Susan Aglukark.

Nunavut rocker Lucie Idlout turned to music as a creative outlet for expressing not only her own dealings, but also those of her home community. Her latest album is called Swagger.

"Nowadays there are people who are coming up with even newer, contemporary forms of music that's married to Inuktitut."

In brief

MOVIES Gil Adamson's historical novel The Outlander has been acquired for a film adaptation. Outlander tells the tale of a 19-year-old woman struggling to survive in the Canadian wilderness while being pursued by her late husband's brothers, who are seeking revenge for his murder.

MOVIES Screen Gems and Jennifer Aniston are teaming up to tell a tale of lingering racial tensions in the Deep South. The company has acquired Holler (a.k.a. Mutt), written by Dana Adam Shapiro, co-director of the Oscar-nominated documentary Murderball.

MOVIES Warner Bros. and in-demand screenwriter Brad Ingelsby will develop a feature based on Sacred Prey, Vivian Schilling's novel about a hit man who becomes the victim of his own takedown.

REUTERS

Kenya's**Style**

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: **metronews.ca/movies**

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 7/22/09	251	308	3 CBC	Coronation St.	Jeopardy! (N)	Dragon's Den (CC)		The Tudors (CC) (DVS)		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News (N)	The Insider	Psych (N) (CC)		D. Richards	Kendra (N)	Forbes Celebrity 100-Bank		CHEK News at
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	So You Think You Can Dance Top eight dancers perform. (N)				CSI: NY "The Party's Over"		CTV News
	-	-	10 OMNI	The Daily	Frasier (CC)	Stargate SG-1 "Fair Game"		Third Watch "Adam 55-3"		Scrubs (CC)	Discovering	New Day
	252	336	11 GTV	Entertainment	ET Canada	Wipeout (N) (CC)		(:02) In Plain Sight (N) (CC)		The Philanthropist "Kosovo"		News
	256	389	12 VI	The Road to Avonlea		Old Christine	Gary Unmarr	America's Got Talent (N)		Monk Monk meets a boxer.		News (N)
	253	359	13 CITY	Law & Order: SVU		Goode Family	Surviving Sub.	Japanese Game Show		Krod Mandoon	Krod Mandoon	The CityNews
	-	-	14 CW	Deal-No Deal	Deal-No Deal	America's Next Top Model		America's Next Top Model		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Old Christine	Gary Unmarr	Criminal Minds "Roadkill"		CSI: NY "The Party's Over"		News
	287	379	16 NBC	Evening Mag.	Inside Edition	America's Got Talent (CC)		America's Got Talent (N)		The Philanthropist "Kosovo"		KING 5 News
	602	568	19 W	Style by Jury	Friends (CC)	Grocery Bag	Grocery Bag	Love It or List It		Trophy Wife (2006, Suspense) Brooke Burns.		
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Wipeout (N) (CC)		Japanese Game Show		Over a Barrel: About Oil		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	High School High ★★ (1996) Jon Lovitz, Tia Carrere.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	West Coast	Time Team America (N) (CC)		Ascent of Money (N)		Wide Angle (N) (CC)		MI-5 (CC)
	290	382	23 FOX	Two/Half Men	Two/Half Men	So You Think You Can Dance Top eight dancers perform. (N)				Q13 FOX News at Ten (N)		Family Guy
	-	364	26 PBS	Wide Angle (N) (CC)		Keeping Up	Being Served	Tavis Smiley	Charlie Rose (N) (CC)		Time Team America (CC)	
	296	654	30 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	Foreclosure	Family Court	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	America's Next Top Model		America's Next Top Model		KTLA Prime News (N) (CC)		Friends (CC)
	295	651	33 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Odd Couple
	199	311	46 STR	CTV News	NTV Latenight News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	43 NW	Geologic Journey (CC)		CBC News: The National (N)		CBC News: The National		Geologic Journey (CC)		National
	500	500	48 CNN	Anderson Cooper 360 (CC)		Black in America "Today's Pioneers"				Anderson Cooper 360 (CC)		Black-America
sports	407	419	42 RSP	Sportsnet	MMA Conn	UFC Top 100 Fights		Best Damn Sports Show		Sportsnet Connected (Live)		Sportsnet
	400	400	50 TSN	SportsCentre (Live) (CC)			Off the Record	World Poker Tour				SportsCentre
	411	457	53 OLN	Cycling: Tour de France		Cycling Tour de France -- Stage 17. From Bourg-Saint-Maurice to Le Grand-Bornand. (CC)						Departures
	410	403	54 SCR	Score Tonight		Final Score	Final Score	Final Score	Final Score	Final Score	Final Score	Final Score
	417	406	55 SC	Wrecked	Wrecked	Pimp My Ride	Pass Time	Thunder	Pinks Out	Pass Time	Pass Time	Wrecked
	416	409	144 GLF	Toronto-Today	MLS Weekly	Toronto	Gol TV News	MLS Weekly	Toronto-Today	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	In Real Life "E.R." (CC)		Malcolm-Mid.	Futurama	Survive This	Adrenaline	Falcon Beach (CC)		Mystery Hnt.
	555	545	60 TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Chicken	Father	Moral Orel
	557	541	61 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	65 TRE	Big Comfy	Big & Small	Max & Ruby	Babar (CC)	Backyard	Ni Hao	Go, Diego, Go!	Franklin (CC)	Big Comfy
cable variety	268	354	5 KNO	The Enemy Within (CC)		Feast India	Feast India	The Rebirth of an Orchestra		Yo-Yo Ma: Inspired by Bach		Hockey
	575	583	20 CMT	Hope & Faith	Hope & Faith	Karaoke Star Junior (CC)		Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24 MM	Video on Trial	Technical Diff.	One Tree Hill (CC)		Video on Trial	Video on Trial	disBand	disBand	Spotlight
	600	564	29 H&G	House	House	Holmes	Holmes	Hid Potential	Property	City	The Stagers	House
	615	520	31 A&E	Bounty Hunter	Bounty Hunter	Tattoo High.	Tattoo High.	Bounty Hunter	Bounty Hunter	Dog the Bounty Hunter (CC)		Bounty Hunter
	628	584	32 SPKE	(6:00) UFC Fight Night		UFC Unleashed (CC)		CSI: Crime Scene Invstgtn.		Spike's Most Amazing Videos		Disorderly
	521	560	34 TLC	Toddlers & Tiaras (N) (CC)		Extreme Aging: Hayley		I Didn't Know	I Didn't Know	Toddlers & Tiaras (CC)		Dress
	616	522	39 SHO	The Outer Limits "The Grell"		The Guard "The Hold" (CC)		Secret Lives (2005) Daphne Zuniga, Duncan Regehr. (CC)				House (CC)
	620	523	40 BVO	Beyond	Manitowapow	Law & Order "Angelgrove"		Without a Trace "Trials"		The Last September ★★ (1999, Drama) (CC)		
	601	562	41 SLC	End of Leash	End of Leash	ET Canada	Til Debt-Part	Real Housewives OC		Trading Spouses		Biggest Loser
	520	505	42 DIS	Mayday Air Canada plane.		Daily Planet (CC)		Mayday Air Canada plane.		Mighty Ships "Akamalik"		Deadliest
	522	506	44 HIS	NCIS "Twisted Sister" (CC)		Cities of the Underworld		Ice Road Truckers (CC)		NCIS "Twisted Sister" (CC)		Marine Mach.
	627	528	45 SPC	Torchwood: Children of Earth		(:15) Stargate SG-1		Star Trek: Next Gener.		(:15) Star Trek: Voyager (CC)		Torchwood
	294	650	47 TBS	House-Payne	House-Payne	House-Payne	House-Payne	Sex and-City	Sex and-City	Zathura ★★★ (2005) Josh Hutcherson. (CC)		
	619	525	48 TROP	The Crow: Stairway to Heaven		What	What	Seinfeld	Raymond	Family Guy	Seinfeld	Seinfeld
	603	561	52 FN	The Next Food Network Star		Opening Soon	Opening Soon	Unwrapped	Unwrapped	Diner, Drive-In	Diner, Drive-In	Next Star
	626	547	57 COM	Air Farce	22 Minutes	22 Minutes	Corner Gas	The Simpsons	South Park	Jon Dore	Tosh.0 (N)	Daily Show
	320	621	30 CEN	(6:15) Poor Boy's Game (2007)		Elegy ★★★ (2008, Drama) Penélope Cruz. Premiere. (CC)				Fur: An Imaginary Portrait of Diane Arbus		
	581	566	101 MTV	The Real World "Cancun" (N)		MTV Live	After	True Love	The X Effect	The Real World "Cancun"		MTV Live
	261	394	102 V	Recreat. Eden	Supernatural	Poltergeist: The Legacy		The Golden Seal ★★ (1983, Drama) Steve Railsback. (CC)				Paid Program
	-	-	105 MUL	Banquet	Kingdom-Wind	Van. Nights	Iranian Pop	Sabor Latino		Sabor Musical	Travel TV	Patrol World

critics'corner

Dragon's Den

Pro wrestling may be fake, but the muscles on the participants are real. In this episode, the Dragons hear a pitch from a former wrestler who has a new bodybuilding system. Also seeking support are a florist who wants to grow his operation, a prodigy with a teaching-tool business and the inventor of a new disposal method for dog waste. 8 PM on CBC

Black in America

Soledad O'Brien returns to host this two-part follow-up to last summer's critically acclaimed documentary probing the sensitive issue of the role that race plays in the lives of black Americans. The principal difference? The presence of a black man in the White House. Medical experts discuss health issues, while O'Brien travels to South Africa to delve into the poverty issue in that region. Part two airs Thursday. 5 PM on CNN

Britney to regain control?
Britney Spears' father might be letting go of the reins soon. Sources told TMZ that Jamie Spears will ask the court to review the terms of the conservatorship after her concert tour ends in November and let the judge decide if she should regain control of her life. **POPEATER.COM**

Celebrity Buzz

Michael's resting place in limbo

REST IN PEACE With Michael Jackson temporarily interred at Forest Lawn Memorial in Los Angeles, his family is wrestling with a painful decision: Where will the King of Pop finally be laid to rest?

A source close to the Jackson family told people.com, "They (still) haven't decided," but added that the singer's parents and siblings might be one step closer to an agreement.

Michael's mother Katherine Jackson, 79, had previously objected to making the Neverland ranch his final resting place because, says the source, "She thinks it's a place of horrible memories. She says Michael wouldn't want to be there." (Authorities once alleged Jackson molested children at the ranch; he was acquitted of all charges 2005.) However, she has since softened her stance, according to the source.

"Katherine is still opposed to Michael being buried at Neverland, but would relent if it could be arranged for Michael's children to gain ownership of the property," the source explained. "If they could have complete ownership, Katherine would approve."

How that arrangement might work, however, is up in the air; currently a majority stake in the property is held by private investors. "That's one of the things they're trying to figure out," the source said, noting that there is money to be made if Neverland becomes a tourist attraction like Graceland, the Memphis home of Elvis Presley.

The other location in play is Forest Lawn, where a private memorial for Jackson was held the morning of his July 7 public tribute in Los Angeles.

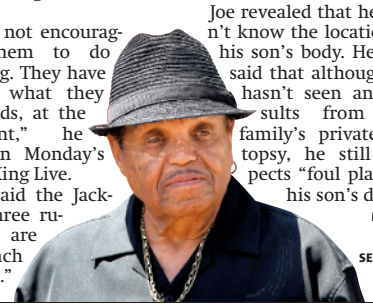
METRO NEWS SERVICES

No career for MJ's kids: Joe

DENIAL Despite earlier comments to ABC News that Michael Jackson's kids could be stars, Joe Jackson now says has no plans to turn them into entertainers, usmagazine.com reports.

"I'm not encouraging them to do nothing. They have to be what they are, kids, at the moment," he said on Monday's Larry King Live.

He said the Jackson Three rumours are "a bunch of jive."



He also denied ever abusing his late son, despite previous accusations from the King of Pop himself.

"I never abused my son," Joe insisted. "Michael was never beaten."

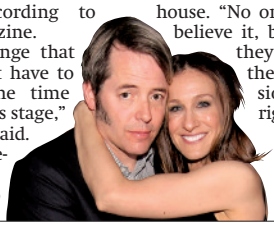
Joe revealed that he didn't know the location of his son's body. He also said that although he hasn't seen any results from the family's private autopsy, he still suspects "foul play" in his son's death.

METRO NEWS SERVICES

Sarah and Matthew separate?

ON THE ROCKS? Mere weeks after welcoming their twin daughters, Matthew Broderick and Sarah Jessica Parker have decided to live apart, according to Look magazine.

"It's strange that they might have to spend some time apart at this stage," a source said.

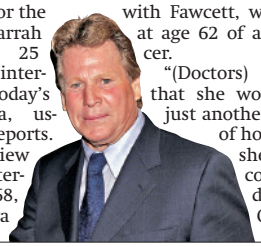


Parker reportedly wants to move the girls and their six-year-old son to Brooklyn, while Broderick wants to stay in Manhattan in their West Village townhouse. "No one can quite believe it, but it's clear they're making the right decision for all the right reasons," the source said.

METRO WORLD NEWS

Ryan reveals Farrah's final moments

MOURNING Ryan O'Neal is speaking out for the first time since Farrah Fawcett's June 25 death in a new interview with NBC Today's Meredith Vieira, usmagazine.com reports.



In the interview which aired yesterday, O'Neal, 68, opens up to Vieira about his final moments with Fawcett, who died at age 62 of anal cancer.

"(Doctors) thought that she would live just another couple of hours, and she lived a couple of days," O'Neal said. "So I had a bed put in the room for me. And I just lay by her side. She wouldn't — move on. She wouldn't pass."

In her dying moments, "(Farrah) just looked at us with a slight smile," O'Neal said, "and then all the machines flatlined. She was gone."

METRO NEWS SERVICES

Jess bounces back

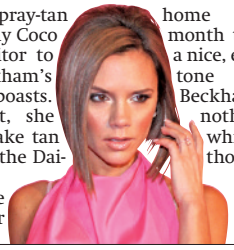
MOVING ON While a postbreakup Tony Romo has been spotted partying it up in L.A. and Lake Tahoe, Jessica Simpson has been getting by with a little help from her friends. The newly single singer hit the town with three female friends, posting photos of their evening on Twitter. "Love my ladies," Simpson wrote. "Wish I could be with them every day of my life. Laughter is wonderful."

GETTY IMAGES

METRO WORLD NEWS

Victoria's fake tan impresario

POSH'S TEAM Spray-tan impresario Jimmy Coco is a regular visitor to Victoria Beckham's house, he's boasts. "When we met, she had the worst fake tan ever," Coco told the Daily Mail.



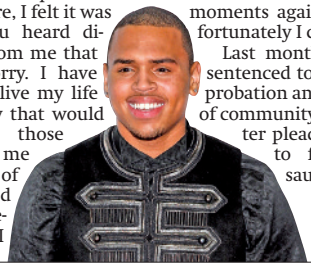
He says he stops by her home twice a month to spray on a nice, even bronze tone — while Beckham wears nothing but a white paper thong.

METRO WORLD NEWS

Chris says sorry for beating

MAKING AMENDS In a new video posted on TMZ.com Monday, Chris Brown apologizes for allegedly beating Rihanna earlier this year, usmagazine.com reports.

"Hi, I'm Chris Brown," he began. "Since February my attorney has advised me not to speak out, even though since the incident I wanted to publicly express my deepest regret and accept full responsibility.



"Although I would do some interviews and answer some questions in the future, I felt it was time you heard directly from me that I am sorry. I have tried to live my life in a way that would make those around me proud of me, and until recently, I think I was doing a pretty good job. I wish I had the chance to live those few moments again, but unfortunately I can't."

Last month, he was sentenced to five years probation and 180 days of community labour after pleading guilty to felony assault.

METRO NEWS SERVICES

Love finds love

ENGAGEMENT Jamie Kennedy and Jennifer Love Hewitt are reportedly set to marry.

A Page Six source says the actor pulled Hewitt onstage at the Laugh Factory in Long Beach, Calif. When an audience member yelled "marry her," Kennedy "got down on one knee and asked her to marry him," the source revealed. "It was a standing ovation," the same source added.

METRO NEWS SERVICES

Cameron's A-list love triangle?

SERIAL DATER? Cameron Diaz has been spotted on the town in London with both Jude Law and Leonardo DiCaprio, prompting rumours of a bizarre A-list love triangle.

"Leo is back on the pull after he split from his long-term girlfriend," a source told the Sun. Diaz has reportedly been heading to DiCaprio's rented apartment after "a series of secret dates."

And Diaz was out this past weekend with Law. "Jude has been flirting with her and she has been playing along."

METRO WORLD NEWS

LiLo and Sam back in old habits

SAME OLD STORY Things don't seem to be getting better for Lindsay Lohan and Samantha Ronson. After Ronson spent a late night out with pal Drea De Matteo, Lohan showed up at her Hollywood Hills home at 6 a.m., the Daily Mail reports, and proceeded to get into a screaming match with the DJ.

The spat came to a head when Ronson tossed a bag of Lohan's clothes out on the sidewalk and demanded she leave the house.

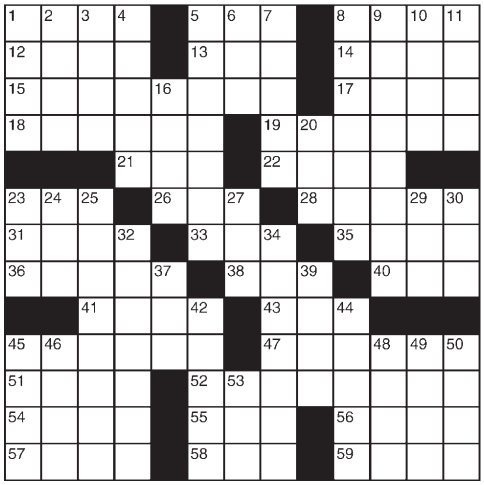
METRO WORLD NEWS

SixChix — For more cartoons, visit metronews.ca

The Weather Network 20 YEARS ©The Weather Network theYear
Today Sunny 24°/ 15°
Thursday Sunny 23° / 16°
Friday Mainly sunny 22°/ 17°
PLAN YOUR LUNCH WISELY... Download WeatherEye™ Today!

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



Crossword across

1 "Twilight of the —"
5 Vanna's companion
8 Highlander
12 Cruising
13 Ipanema is there
14 Plankton component
15 It'll get you nowhere
17 Bailout acronym
18 Page numbers
19 Cheers up
21 Type squares
22 "I advise against it"
23 Work unit
26 Go up and down
28 Relinquish
31 Body powder
33 Zero
35 Algonquian language
36 Texas cook-off dish
38 Calendar abbr.
40 Evergreen type
41 Lean (toward)
43 Wrigley product
45 Gas rating number
47 Didn't sit on the bench
51 Declaration of Independence starter
52 Nervously excited
54 Dumbo's "wings"
55 The Da Vinci coat?
56 Otherwise
57 Eyelid woe
58 Conger, for one
59 Coaster

Crossword down

1 Big fishing hook
2 Norway's capital
3 Transaction
4 Composer Erik
5 Apply fake fingernails
6 Melody
7 Tinkered (with)
8 Evil
9 Making a commotion
10 Shrek is one
11 Eaves-droppers' equipment
16 "Who's buried in Grant's —?"
20 Myrna of Hollywood
23 List-ending abbr.
24 "Go, team!"
25 Tinsel-like
27 Auction action
29 Shelter
30 Morning moisture
32 Wash
34 Humorous hoax
37 Hostel
39 Zealous group
42 Crusoe's creator
44 Partners
45 Has bills
46 Converse
48 Holler
49 Gaelic
50 Turned blue?
53 Whopper

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			1				8	
						6	2	
1			5	6		4		7
2				4			9	
3	5						1	6
	6			7				5
8		6		1	9			4
	3	1						
	2				3			

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

4	6	7	5	2	8	9	1	3
3	2	8	9	6	1	4	7	5
1	5	9	3	4	7	6	2	8
8	4	6	1	5	2	3	9	7
2	9	3	8	7	6	1	5	4
5	7	1	4	9	3	2	8	6
6	3	5	2	8	9	7	4	1
9	1	4	7	3	5	8	6	2
7	8	2	6	1	4	5	3	9

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Succulent Grilled Steak with Crispy Potatoes

INGREDIENTS:
1 round steak, 3/4 in. (2 cm) thick
1/2 tsp (2 ml) pepper
4 medium baking potatoes, washed and sliced lengthwise into 1/2-in. (1-cm) slices

CHIMICHURRI SAUCE:
1/3 cup (75 ml) reduced-salt chicken stock
1 tbsp (15 ml) extra virgin olive oil
2 tbsp (10 ml) freshly squeezed lemon juice
2 large garlic cloves, finely chopped
1 tbsp (15 ml) chopped fresh oregano or 1 tsp (5 ml) dried oregano
1/2 tsp (2 ml) crushed dried chilies, or to taste
1 small onion, finely chopped
1/2 cup (125 ml) finely chopped Italian parsley

METHOD:
1. Put all sauce ingredients in sealable plastic bag and shake to mix. Rub steak on both sides with half the pepper, then put steak in bag and close. Refrigerate 30 minutes, or up to 2 hours, turning once.
2. Meanwhile, place wire cooling rack over paper towel. Bring potatoes, remaining pepper and enough water to cover to boil in pot over high heat. Reduce heat to medium and simmer until potatoes are almost tender, 10 minutes. Transfer potatoes to rack. Lightly coat potatoes on both sides with nonstick cooking spray (preferably olive oil).
3. Remove steak from sauce. Boil sauce vigorously in small pot 3 minutes, stirring constantly. Remove from heat and cover to keep warm. Meanwhile, coat grill pan with nonstick cooking spray and set over medium-high heat. Cook steak and potatoes until steak is done to taste (3 to 4 minutes on each side for medium-rare, 4 to 5 minutes for medium) and potatoes are crispy, about 4 minutes per side. Thinly slice steak across grain. Divide potato and steak slices among 4 plates. Spoon about 2 tbsp (25 ml) warm sauce over each serving.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
Harmony at home may have been somewhat elusive of late but today's solar eclipse will help you make the peace.

TAURUS ♉
APRIL 21-MAY 21
Honesty may be the best policy but sometimes honesty can be a bit dangerous too, and that's something you need to bear in mind today.

GEMINI ♊
MAY 22-JUNE 21
For too long you have been content to take what you were given but today's solar eclipse in the money area of your chart urges you to be more dynamic.

CANCER ♋
JUNE 22-JULY 22
Today's solar eclipse in your sign will in some way or other reward you for the not inconsiderable efforts you have put in over the past few weeks.

LEO ♌
JULY 23-AUG 23
The Sun's transit of your birth sign as from today means you no longer have to worry what others think, feel or say. Now it's all about you.

VIRGO ♍
AUG 24-SEPT 22
It may not be possible for one person acting alone to change the world but several like-minded individuals working together can make a difference.

LIBRA ♎
SEPT 23-OCT 23
All the efforts of the past few weeks will come to a satisfying conclusion today, and no one will be able to say that you are not a winner.

SCORPIO ♏
OCT 24-NOV 22
With your confidence so high at the moment you will want to do something outrageous, and that's fine. Just don't jeopardize your good reputation.

SAGITTARIUS ♐
NOV 23-DEC 21
The more others try to belittle you today the more likely it is they are scared that you are about to outshine them. And they're right.

CAPRICORN ♑
DEC 22-JAN 20
The eclipse in your opposite sign of Cancer means that friends and family members know what is best for you as well as for themselves.

AQUARIUS ♒
JAN 21-FEB 18
The Sun's transit of the relationship area of your chart over the next four weeks or so means you won't have time to take care of details.

PISCES ♓
FEB 19-MARCH 20
Be forceful, be dynamic and be the one who makes things happen, in your private life and in your work.

EURO CHARM Medi/Day Spa

~~100% SOLD OUT~~
HELD OVER BY POPULAR DEMAND!
1 YEAR VIP SPA MEMBERSHIP for $500 per year.
Choose 2 of the following 4 treatments/month:
• Skin Perfecting Facial • Manicure • Pedicure • 45 Minute Relaxation Massage
(Over $2,000 value. Limited time offer.)
604.568.2575 • www.eurocharm.ca
3401 East Hastings Street, Vancouver • eurocharm@shaw.ca
ONE BLOCK EAST OF PNE • FREE PARKING

Get results and feel great!
Vancouver Personal Training
T-SQUARED PERSONALIZED TRAINING
Call today to schedule a complimentary private consultation (a $100 value) 604-250-9784!
www.Tsquaredtraining.com

FLIGHT CENTRE Unbeatable
PARIS FROM $299 + taxes & fees $412
TOKYO FROM $424 + taxes & fees $227
INCLUDES roundtrip airfare.
1 866 519 5111 | flightcentre.ca
Conditions apply. Ex: Vancouver. Air only prices are per person for return travel unless otherwise stated. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. BC REG: #HO2790

FLIGHT CENTRE® *Unbeatable*

Europe Airfares

AMSTERDAM
FROM **$349**
+ taxes & fees $357

Paris	FROM **$299** + taxes & fees $412
Frankfurt	FROM **$399** + taxes & fees $313
Barcelona	FROM **$419** + taxes & fees $359
London	FROM **$449** + taxes & fees $457
Rome	FROM **$649** + taxes & fees $368

Airfares

TOKYO
FROM **$424**
+ taxes & fees $227

Toronto	FROM **$229** + taxes & fees $215
Las Vegas	FROM **$310** + taxes & fees $108
Puerto Vallarta	FROM **$379** + taxes & fees $132
New York	FROM **$418** + taxes & fees $116
Lima	FROM **$669** + taxes & fees $224
Buenos Aires	FROM **$699** + taxes & fees $258
Sydney	FROM **$999** + taxes & fees $310
Johannesburg	FROM **$1329** + taxes & fees $471

Canada on Sale Airfares

SAVE
UP TO **50%**^Δ
PLUS an additional $10◊ off on Air Canada domestic airfare only with Flight Centre.

Calgary	FROM **$158** + taxes & fees $93
Montreal	FROM **$358** + taxes & fees $118
Winnipeg	FROM **$398** + taxes & fees $114
Halifax	FROM **$550** + taxes & fees $135
Edmonton	FROM **$198** + taxes & fees $89

AIR CANADA

CANADA ON SALE!

Save on domestic airfares, packages, hotels, car rental and rail passes

Canada City Breaks

VICTORIA GARDENS
FROM **$299**
taxes & fees included
INCLUDES 3 nights 3-star accom, Victoria sightseeing tour and admission to Butchart Gardens with transport. **SAVE** $10◊ when you book Air Canada airfare.

Niagara Falls Attractions FROM **$199** taxes & fees included
INCLUDES 2 nights 3-star accom just one block from Niagara Falls and *Maid of the Mist* boat cruise. **SAVE** $10◊ when you book Air Canada airfare.

Quebec Fairmont Getaway FROM **$354** taxes & fees included
INCLUDES 3 nights accom at the Fairmont Le Manoir Le Richelieu and 3-day car rental with unlimited mileage. **SAVE** $10◊ when you book Air Canada airfare.

Banff Wildlife FROM **$239** taxes & fees included
INCLUDES 2 nights 3-star accom in Banff, 2-day car rental with unlimited mileage and Banff city and wildlife tour. **SAVE** $10◊ when you book Air Canada airfare.

Cruise Holidays

ANAHEIM FAMILY CRUISE & STAY
FROM **$549***
+ taxes & fees $156
INCLUDES 5-day cruise from Vancouver to Los Angeles visiting Astoria and San Francisco, 3 nights 3-star accom in Anaheim near the *Disneyland* Resort, airport transfer and return airfare to Vancouver. Port charges included.

Greece Cruise & Stay FROM **$1595** + taxes & fees $556
INCLUDES roundtrip airfare to Athens, transfers, 4-night Greek Island & Turkey cruise including onboard meals & entertainment and visiting Mykonos, Kusadasi (Turkey), Patmos, Rhodes, Crete & Santorini and 3 nights 3-star accom in Athens with breakfast. **BONUS** Athens & the Acropolis tour included.

Alaska & Far East Cruise & Stay FROM **$2369** + taxes & fees $336
INCLUDES 22-day cruise from Vancouver to Beijing with 16 ports of call including 4 Alaska ports, Japan, Russia, South Korea and 3 China ports, 3 nights 4-star central Beijing accom and return airfare to Vancouver. Port charges included. **BONUS** tour of the Great Wall, Forbidden City & Tiananmen Square included.

Holidays

NEW YORK 4-STAR
FROM **$579**
+ taxes & fees $149
INCLUDES roundtrip airfare and 3 nights 4-star central accom in Manhattan.

Las Vegas 4 Nights FROM **$265** + taxes & fees $130
INCLUDES roundtrip airfare and 4 nights 3-star accom on the Las Vegas Strip.

San Francisco 3 Nights FROM **$429** + taxes & fees $110
INCLUDES roundtrip airfare and 3 nights 3-star central accom. **ADD** Golden Gate Bay cruise from $22.

Buenos Aires 6 Nights FROM **$949** + taxes & fees $255
INCLUDES roundtrip airfare and 6 nights 3-star accom located in the heart of Buenos Aires. **ADD** Tango show, dinner and dance lessons from $106.

Asia Holidays

TAIWAN DELUXE HOTELS
FOR **$1**^
Fly on EVA Air with a stopover in Taipei, and receive one night deluxe accom for $1. **BONUS** includes breakfast. Offer valid from July 1, 2009 to November 30, 2009. Ask in-store for details.

Taiwan Taipei City Break FROM **$1265** + taxes & fees $143
INCLUDES roundtrip direct airfare on EVA Air and 8 nights 3-star accom in central Taipei. **UPGRADE** to 4-star accom from $22 per night.

Indonesia & Taiwan FROM **$1629** + taxes & fees $161
INCLUDES roundtrip airfare to Bali on EVA Air with free stopover in Taipei and 7 nights 5-star Bali accom with breakfast daily. **ADD** Deluxe Taipei accom with breakfast for $1^.

Thailand & Taiwan FROM **$1727** + taxes & fees $220
INCLUDES roundtrip airfare to Bangkok on EVA Air with free stopover in Taipei, roundtrip airfare to Phuket, 6 nights 5-star Phuket accom with breakfast daily and 1-night 4-star central Bangkok accom. **ADD** Deluxe Taipei accom with breakfast for $1^.

Tuscan Sun Travel Planner | EVA AIR

Europe Holidays

PARIS STARTER PACKAGE
FROM **$479**
+ taxes & fees $407
INCLUDES roundtrip airfare and the first 2 nights 3-star central accom with breakfast.

Amsterdam Starter Package FROM **$684** + taxes & fees $365
INCLUDES roundtrip airfare and the first 2 nights 3-star central accom with breakfast.

London 7 Nights FROM **$1047** + taxes & fees $457
INCLUDES roundtrip airfare, transfers and 7 nights 3.5-star central accom with breakfast daily. **BONUS** Essential London half-day excursion included.

Barcelona 7 Nights FROM **$1297** + taxes & fees $361
INCLUDES roundtrip airfare, transfers and 6 nights 3-star central accom with breakfast daily.

All-inclusive Holidays

CANCUN 4-STAR
FROM **$595**
+ taxes & fees $180
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom.

Puerto Vallarta 4-Star FROM **$597** + taxes & fees $264
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom.

Mayan Riviera 4-Star FROM **$655** + taxes & fees $180
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom.

Adventure Holidays

Peru The Inca Trail FROM **$699** + local payment USD200
INCLUDES all accom, local transport, most meals, tour leader & local guides on this 7-day small group tour. **HIGHLIGHTS** Cuzco, Sacred Valley, 4-day Inca Trail hike and Machu Picchu.

Thailand Island Hopping FROM **$749** + local payment USD150
INCLUDES all accom, transportation, tour leader and local guides on this 9-day small group tour. **HIGHLIGHTS** Bangkok, Ko Samui, Ko Pha Ngan, Ko Tao, Krabi, Ko Muk & Andaman Sea.

PERFECT HOLIDAY PROMISE
Enjoy your holiday or we'll give you $100 towards another one!†

1 877 583 5444 | flightcentre.ca

*Conditions apply. Ex: Vancouver. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. ◊Valid on new bookings only made in-store with Flight Centre on Air Canada roundtrip domestic airfare when purchased by July 31, 2009. *Family price based on 2 adults and 2 children 17 years and under travelling together. ΔValid on new bookings for travel between Sept 8 and Dec 16, 2009 based on availability with a 5-day advance purchase. Offer ends July 23, 2009. ^Promotional $1 rate valid for one night only at participating hotels based on availability. Rate only valid when passenger travels on EVA Air to Taiwan or beyond with a stopover in Taipei. Valid on new bookings only. † The Perfect Holiday Promise applies to bookings made at Flight Centre shops within Canada. A $100 voucher for future travel will be provided to customers who experience an unwanted deviation from their paid itinerary. For full details visit www.flightcentre.ca or speak to a Flight Centre consultant. BC REG: #HO2790*